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1913

AMERICA'S NATIONAL GAME

By A. G. SPALDING

PRICE, \$2.00 NET

A book of 600 pages, profusely illustrated with over 100 full page engravings, and having sixteen forceful cartoons by Homer C. Davenport, the famous American artist

The above work should have a place in every public library in this country, as also in the libraries of public schools and private houses.

The author of "America's National Game" is conceded, always, everywhere, and by everybody, to have the best equipment of any living writer to treat the subject that forms the text of this remarkable volume, viz., the story of the origin, development and evolution of Base Ball, the National Game of our country.

Almost from the very inception of the game until the present time—as player, manager and magnate—Mr. Spalding has been closely identified with its interests. Not infrequently he has been called upon in times of emergency to prevent threatened disaster. But for him the National Game would have been syndicated and controlled by elements whose interests were purely selfish and personal.

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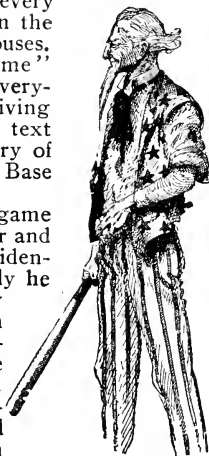
The response on the part of the press and the public to Mr. Spalding's efforts to perpetuate the early history of the National Game has been very encouraging and he is in receipt of hundreds of letters and notices, a few of which are here given.

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New York World:—"Albert G. Spalding, who really grew up with the sport, has written 'America's National Game,' which he describes as not a history, but the simple story of the game as he has come to know it. His book, therefore, is full of living interest. It is a volume generously illustrated and abounds in personal memories of base ball in the making."

New York Sun:—"There is a mass of interesting information regarding base ball, as might be expected, in Mr. Spalding's 'America's National Game.' It is safe to say that before Spalding there was no base ball. The book is no record of games and players, but it is historical in a broader sense, and the author is able to give his personal decisive testimony about many disputed points."

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"There is so much in it of interest that the temptation not to put it down until it is completed is strong within the mind of every person who begins to read it. As a historical record it is one of those volumes which will go further to straighten some disputed points than all of the arguments which could be advanced in good natured disputes which might last for months."

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GEORGE M. MARTIN,
Physical Director of the Young Men's Christian Association of
Youngstown, Ohio.

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The Grading of Gymnastic Exercises

By

GEORGE M. MARTIN

Physical Director of the Young Men's Christian
Association of Youngstown, Ohio



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TO
DR. J. C. REEVE, JR.,
IN RECOGNITION OF A CONSTANT
FRIENDSHIP.

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INTRODUCTION

It is the general agreement among scholars that each individual in coming to adult life must pass through stages of development corresponding to the development of the race from the earliest forms. This view of human origin puts emphasis upon physical training, for it has been through physical struggle of various kinds that the body as well as the mind has come to its present structure and functions. The cultivation of the body is then a necessary antecedent which must accompany and be basal to all development of mind and character.

Among animals and among savages this training of the body is carried on in an unconscious way by means of the natural plays and sports of each species, but with the advancement of civilized life we are seeing a new condition. We are compelling children to go to school earlier and earlier in life, and at school they must sit still. They must go to school for more and more months of each year and for an increased number of years, so that the natural activity of childhood is being materially lessened. We are finding with alarming rapidity that individuals come to adult life with inferior bodies and that deficient vigor, as well as lack of control, which is everyone's right. Coincident with this increase in school life and the consequent lack of physical exercise is a growth in city life. The majority of the population in the United States now live in cities, whereas only one

hundred years ago only three per cent. of them lived in cities. City life has less opportunity for muscular exercise than does country life. We are taking away the natural playgrounds of children, so that not only are we lessening their natural exercise by putting them in school, but when they are out of school they do not have the opportunity for play and exercise that they used to have and should have.

For these reasons, as well as for others, it makes it necessary for us to give particular attention to the development of the body. We must provide gymnasia, and in these gymnasia there must be carefully arranged opportunities for exercise in rational ways.

We who are connected with physical training are not agreed wholly in regard to the details of our subject. The present time, however, is not one for the discussion of disagreements, but for hearty co-operation along broad lines and of urging the necessity of physical exercise to meet the changed conditions of civilized life.

Mr. Martin has made not only a successful study, but has for some years been ably carrying out the work described in the following pages, and it is with pleasure that I commend it to the careful attention of all those who have to do in a practical way with the teaching of gymnastics. While they, like the writer of this introduction, may find points that might be questioned, still they will also, I am confident, agree that in other respects not only is there no question but that important and valuable work has been done.

LUTHER GULICK.

*Y. M. C. A. Training School,
Springfield, Mass.*

PREFACE

The necessity for such a work was brought forcibly to my attention when, as a member of the leaders' corps in the Physical Department of a Young Men's Christian Association, I met the following difficulties:

First—The almost certain failure to have at my command suitable exercises for a class when unexpectedly called upon to lead—if, indeed, any exercises at all would be remembered.

Second—This first difficulty overcome by thoroughly learning, mentally as well as physically, a large number of exercises, there was no way of establishing a correct sequence of exercises for the men's best development.

Third—The impracticability of the impromptu grading of exercises to secure not only the best bodily development, but that development of mind with body which brings out grace, power, agility, physical judgment and self-control.

At the Physical Directors' Conference (Brooklyn, May 17-27, 1898) the majority of the directors who expressed themselves were of the opinion that most boys and men need from the Y. M. C. A. physical education—at least until the public school assumed this work at the proper period of the boys' life, between 7 and 12 years of age.

At present the vast majority of laborers, clerks and mechanics, and a large number of business, professional men and students need physical education in addition to their recreative, hygienic and corrective exercises.

For the past eight years I have been attempting to solve these problems, and the methods I now use are on the following pages, meant mainly as a text-book for instructors and leaders.

Under the heading of "The Place of the Class in Physical Training" will be found what, from my experience and careful watching of the work in many associations, seems to best fill to-day the needs of men in the line of physical training.

The chapters following contain plans for class exercises, including a complete set of exercises graded for the apparatus, and general massed class work.

Realizing the difficulty of mastering the nomenclature, only the simpler of the adopted terms are used, such as knee circle, riding seat, side and cross hangs, etc., the more difficult movements and positions being always fully explained.

GEORGE M. MARTIN.

CHAPTER I.

THE PLACE OF THE CLASS IN PHYSICAL TRAINING.

The place of the class in physical training has been receiving serious attention of late, since, with the old-fashioned method of individual instruction in athletic and gymnastic events, physical training was the fad of the few, while now the majority of men in our colleges and cities require this work.

To-day the instructors in public school, college, club and Association gymnasia have to deal with hundreds; and for these, systems of massed class work are rapidly being formulated.

From the beginning this work should be considered a matter of need and supply, rather than demand and supply. A few men or boys will be found in every crowd who clamor for something until they get it, and then continue clamoring for something else. To satisfy these demands, rather than the need of the majority, some instructors attempt to have something special all the time. This is certainly one of the greatest mistakes in the present day work.

The best aim in the world to-day is toward steady, aggressive work. Shall this be handicapped by developing in men a craze for something novel and exciting all the

time? Plans should be made for a steady, systematic work, developing full manhood, unchanged by the momentary wishes of the few.

The present need is a work which will take the growing boy and develop him into full manhood.

The exercises should therefore include :

First—Those which will induce harmonious growth of all the muscles, and, as symmetry of muscle is not enough, these must include such exercises as tend to correct faulty positions of the skeleton, as drooping head and round shoulders.

Second—As hygienic work, exercises heavy enough to induce faster and deeper breathing, free perspiration, increased heart action and stimulation to nutritive and circulatory processes.

Third—Physical Education, that variety of exercise and increasing difficulty of combination which keeps the brain alert, helps the memory and gives mastery to mind over body, thorough self-control, and the acquirement of courage, physical judgment and grace.

These exercises are not only necessary to a man's education, but are intensely interesting to the pupil. The old method of one drill, often repeated, is fast being abandoned. The fact that it develops muscle alone, leaving out all the higher elements in man's nature, has forced it out of education.

Fourth—RECREATION. Man, as an animal, needs play and competition, and if the class is to be sufficient for complete physical training, it must include these elements.

Thus, the class will be insufficient that does not contain the above named elements of—

All-round muscular development, with corrective exercises ;

Hygienic exercises,

Physical education,

Play and competition.

All these elements should be supplied in a single class, and to cover these the class may be conducted in the following manner :

First—CLASS MARCHING. As men need the quality of obedience, and the habit of subjection to a recognized leader, with at times the suppression of individuality, to secure harmony with many others, the class should be started with 5 to 10 minutes of military drill. The mind and body soon learn to obey instantly and accurately the commands of the instructor, and to work in unison with a large number.

Second—From such drill the instructor may easily march his men into position for calisthenics. These exercises may be either with wand, dumb-bell, Indian club, at times various other appliances, or without apparatus. But, whatever the means used, there should be definite results, as follows :

A slight warming up for the heavier work to follow.

The exercising of the parts of the body :

Forearm, upper arm and shoulder.

Neck.

Leg.

Thigh.

Waist.

With attention paid to corrective exercises for the almost universally faulty positions of spine and head.

While using the above outline in all calisthenic exercises, the lessons may be advanced from session to session by increasing the leverage for muscular development, and increasing the combinations and parts to be used simultaneously, for mental development. Such a plan of exercise is considered pleasure and not work. (Refer to chapter on "Grading of Exercises and Season Schedules.")

These exercises have been slightly hygienic, more corrective and as much educative as the instructor sees fit to make them. Duration, 15 minutes.

Third—APPARATUS EXERCISE. After the warming up of the calisthenic exercises, the pupils are ready for heavier physical work, and by squads are marched to the apparatus. (The methods of grading the exercises and the men may be studied in their respective chapters.) Suffice it to say here, there are squads of 5 to 10 men performing exercises adopted to their physical and mental ability, for, even here, the exercises are not purely muscular and automatic, but graded. (See "Graded Apparatus Exercises.")

For 20 minutes the leaders take them rapidly through the exercises set for their squad and grade. The most of this exercise is for physical development, but attention to form and ease and grace in accomplishing the exercises, and the combinations of the same, make the work educative and at the same time pleasing.

Fourth—HYGIENIC EXERCISES. The class is massed and fairly raced through lively jumping and vaulting exercises, as given in the chapter on "General Massed Class Exercises."

Little restriction, plenty of enjoyment, some variety,

accompanied with deep breathing, a lively heart and free perspiration, is the rule. This is continued 10 to 15 minutes.

Every third or fourth session this time is given up to a class competition. The stick, buck or bar is raised for a jumping or vaulting contest with from 25 to 100 entries. Usually but one or two trials are allowed.

The first to fail doesn't care, for he is probably a new member, and will do better later. Each fellow is trying to beat his chum. The winner defeats perhaps 50 competitors. What could be more glory?

Thus a contest is held which has satisfied the competitive spirit in all. Few regularly organized athletic competitions, which are hard to manage, are necessary. No prize earning spirit is developed. Under these plans one Association ran for seven years without giving a prize, and it expects to continue the same indefinitely.

Fifth—After this general exercise, a few minutes of the keenest enjoyment is spent in such events as leap-frog, knapsack or obstacle racing, or a game of three-deep tag, or one of a hundred other simple play exercises.

The above is the outline for a general class of clerks and mechanics.

For students, with whom energy is usually almost unlimited, the work is somewhat more spirited.

For business men, the variety is kept, but no attempt made at education. Hygienic exercises in calisthenics and on apparatus substituted. Most of the jumping and recreation used. Very little competition.

For boys 12 to 16 years of age, less apparatus work.

For boys under 12 years of age, no heavy apparatus

work, and the use of the simplest games and races.

The continuation of variety may be studied in the chapter on "Grading of Exercises and Season Schedules."

This scheme of class work is the foundation for all the work to follow, and may be adopted by college, club or Association. In club and Association life, it has been found impossible to get men out regularly more than twice each week, and this work has been planned for that. It may, however, be easily used in colleges, where physical training is compulsory and definite hours set for the same.

CHAPTER II.

GRADING OF EXERCISES AND SEASON SCHEDULES.

Grading of Men—Grading of Exercises—Season Schedules of Class Exercises—Elementary and Advanced Classes—Examinations—Management of Leaders—Optional Exercises—College Work.

A gymnasium, as a factor of combined physical and mental training, should be as a college with a definitely planned work, not only for one season, but a thorough course, not only in one line, but in all lines, rather than as a public library with training supplied on demand, with no regularity or restrictions beyond the whim of the user.

If it be a good plan to have the different branches of study, necessary to a child's mental education, graded and divided as to difficulty and importance, and the teaching thereof scheduled as to time and frequency, is it not also a good plan to have the physical work graded, divided and scheduled? This is necessary for the school, college or Association, with some variation in plan to suit the different conditions.

Realizing this, advice has come from meetings of Young Men's Christian Association Physical Directors that the men be divided into five grades, with corresponding five grades of exercises. They have suggested the grade limits, but have left undecided the kind and number of exercises to be used.

A few exercises in each grade to be constantly repeated

is not sufficient. There should be a full season's grading of exercises, including a large number of exercises and combinations, that not only better physical results may be attained, but better mental and physical education. Exercises are far from best which deal only with the physical side of man.

Instead of 10 exercises in a grade, there should be from 75 to 150 exercises, graded not only as to physical but to mental advancement, introducing memory, muscular control, physical judgment, courage and grace, which a few exercises, often repeated, does not produce.

Using the more popular pieces of apparatus as often as possible and still giving all-round work, and alternating the use of high and low exercises, the parallel bars and horizontal bar are used about ten times each, the side horse eight times, the rings and ladders about six times during the season. As long horse work is very limited, but two lessons are planned for. Overhead parallels may be substituted for ladders.

As in 20 minutes the average squad covers 10 to 12 exercises, the number in each grade thus varies with the piece from 75 to 150.

As men will attend more regularly when two days a week are set for them than when given a choice of five or six days, the work should be planned for definite hours on definite days for a stated season, as, eight o'clock, Tuesday and Friday, from September 15th to May 15th. In colleges, on account of outdoor work, the season will begin later and end sooner; and after counting out the holidays, sessions may be held three or four times each week with this schedule.

Thus, in one or two seasons of systematic exercise, a man will become so habituated to regular exercise, that, missing his class, he will keep up some regular work.

After the plan of the class, and these general suggestions upon the grading of men and exercises, there are brought for attention the following season schedules, or outlines to be followed during the season :

Schedule No. 1 needs very little explanation here, as the same is given in the chapters on "Calisthenic Exercises," "Graded Apparatus Exercises," and "General Massed Class Exercises."

The games and races are those in general use. Others may be substituted at times.

The figures to the right of each piece of apparatus show the method of bookkeeping.

Leaders are given slips with their work as follows :

Leader.....	H. J. Martin.
Date.....	May 13, 1898.
Class.	Elementary.
Division.	First.
Grade.	First.
Apparatus.....	Side Horse.
Commence.....	Exercise No. 50.
Ended.	_____
Number of Pupils.....	_____

Upon completing his time, the leader fills in the last two items, say, Ended at 61. Number of pupils, 7. At his convenience, the instructor enters the number 62 opposite the side horse on his schedule as the exercise with which that squad will next commence. The slip is filed

for future reference as to leaders on duty, attendance, etc. Leaders should call the roll for their squad when the class is so large that the instructor cannot remember all present, and mark them up after class.

OPTIONAL WORK.—At the end of each session, one or two optional exercises may be given, and, at times, for the leaders' interest and development, he may use six, eight or ten of the scheduled exercises, then make up his own for the remaining time. The few given from schedule will be a guide as to degree of difficulty.

ELEMENTARY AND ADVANCED CLASSES.—At the beginning of the season there are usually several squads in the first grade, and in a new field all will be in this grade. In a short time the brighter and stronger pupils will easily pass into the second grade, and some, before the session is finished, into the third.

According to the number in the various grades, differing with years and places, the men should be divided, where possible, into two classes, an elementary and advanced, or Junior (boys under 16), Intermediate (elementary) and Senior (advanced) classes.

Either the first two, or sometimes the first three, grades, as given in the schedule, will work in the elementary class, taking as a massed class, elementary calisthenics and general exercise.

The more experienced men do not care to take calisthenics and play games with beginners, and if both are on the floor at the same time the beginners will stand around and look on while the advanced pupils develop the muscle. It is advisable, however, to secure several advanced pupils

as leaders. This number will be so in the minority that they act as examples and not as monopolies.

The last two or three grades will then work together (at separate hours if possible) and receive not only advanced apparatus exercises, but advanced calisthenics and general exercise. (Refer to Schedule No. 2 and chapters on "Calisthenics," "Apparatus Exercises" and "General Massed Class Exercises.")

With this comes the question of examinations. Either Dr. McCurdy's examination blank may be used and certificate given, or the instructor may select typical exercises on side horse, horizontal bar and parallel bars, these being sufficient in passing from grade to grade, except upon passing from elementary to advanced class, when the examination should include calisthenics and general exercise. These exercises should include those which most nearly call for the elements of the grade, whether skill, strength, agility, memory, form, or all these. Attention to form is necessary from the beginning. This soon becomes automatic and allows more attention to be given to the developing of the other lines of memory, co-ordination, etc.

Suggested examination exercises for apparatus:

HORIZONTAL BAR.

First to Second Grade.

1. Pull up to chin, twice.
2. Hang—raise knees forward—alternate releasing right and left hand and placing them on hips.
3. Swing toes to bar, keep arms and legs straight.

Second and Third Grade.

1. Raise legs to half lever.
2. Pull up to chin—swing.
3. Knees forward—feet between hands to back hang.

Third to Fourth Grade.

1. Legs and arms straight—raise toes upward to bar.
2. Pull up to chin—swing.
3. Raise knee to knee-hang outside hands right—swing up to seat.

Fourth to Fifth Grade.

1. Upstart.
2. Legs in half lever—pull up to chin.
3. At end of forward swing bring right leg to knee hang outside of hands right, and continue circling to seat—knee circle backward.

SIDE HORSE.

First to Second Grade.

1. Squat vault.
2. Front rest at saddle—alternate circling right and left leg forward to side riding seat and return.
3. Right hand on left pommel—jump to back rest in saddle—half right turn to front rest on neck—half left circle with right leg—return—down.

Second to Third Grade.

1. Squat vault to back rest—off forward.
2. Rear vault.
3. Squat left leg to side riding seat—half left circle, right leg—half left circle, left leg—half right circle, right leg—half right circle, left leg—half left circle, right leg—off.

Third to Fourth Grade.

1. Front rest—half left circle, right leg—half right circle left leg, with three-quarter right turn to riding seat on croup—backward scissors—off forward.
2. Feint right—rear vault left, quarter turn left.
3. Right circle with right leg.

Fourth to Fifth Grade.

1. Feint right—screw backward right to riding seat on neck—forward scissors—feint left—front vault right.
2. Run, thief jump from left foot to side riding seat, right leg forward—half right circle, left leg with three-quarter right turn to riding seat on croup—feint right—right circle with right leg—feint left—rear vault right.
3. Squat to back rest—scissors sideways right to riding seat on croup—feint right—rear vault left.

PARALLEL BARS.

First to Second Grade.

1. Cross rest at end—walk forward.
2. Cross rest—swing to outside seat right—return and same left.
3. Right hand on left bar—jump to cross rest, facing out—swing to riding seat on right bar behind hand—return and same left.

Second to Third Grade.

1. Jump up to riding seat over bars—hands in front—swing legs down and up to riding seat over bars—repeat across bars.
2. Still dip.
3. Right hand on left bar—jump to cross rest, facing out—walk backward.

Third to Fourth Grade.

1. Spread up over right bar to outside seat left—rear vault right, half left turn.
2. Swing—jump forward with each forward swing.
3. At end, face out—grasp bars and turn to riding seat over bars—spread off forward.

Fourth to Fifth Grade.

1. Three rolls forward across bars, coming to riding seat after each roll—handspring off end.
2. At side of bars. Flank vault right over near bar—flank vault left over off bar.
3. From riding seat at center of bars—roll backward to riding seat.

When examining for admittance to the advanced class, several exercises should be selected for wand, dumb-bell, Indian club and free exercise. Also the pupil should be tested, either in jumping, running or potato racing.

About 75 per cent. of what is deemed perfect should be required for the man to pass.

Schedule No. 3.—Refer to "Calisthenic Exercises" for the calisthenic work given business men.

The apparatus and jumping exercises are the very simplest, being almost entirely hygienic. Nothing over a half turn used in jumping. Some competition allowed. Much recreative work with basket and medicine balls, etc.

Schedule No. 4.—Calisthenic work for boys is explained in the chapter on "Calisthenics." The remaining work of the schedule explains itself.

Little can be done in the public school until each has its own gymnasium, when the work can be used as in Schedule No. 4.

In high school and college gymnasias, where an hour several times a week is set apart for physical training, Schedules Nos. 1 and 2 can be followed almost as they stand.

1. SEASON SCHEDULE FOR GENERAL CLASS OF MECHANICS AND CLERKS.

When used for students the amount of full body recreative work is increased.
For boys 12 to 16, apparatus work reduced one-half.

MASSED CLASS CLASS IN SQUADS MASSED CLASS

DATE	CALISTOTHEICS	FIRST GRADE	SECOND GRADE	THIRD GRADE	GENERAL EXERCISE	GAMES
Oct. 4	Free List 1 Exercises	1 Horizontal Bar	1 Side Horse	1 Slanting Ladder	List 1 Mat Exercises	Leap-frog race Basket Ball
Oct. 7	Dumb Bells	1 Side Horse	1 Slanting Ladder	1 Low Horizontal Bar	Standards—Side jump for height	3-deep tag
Oct. 11	Free Exercises	2 Slanting Ladder	1 Low Horizontal Bar	1 Rings	Standards—Front—1 ft. 9 in.	Knapsack race Basket Ball
Oct. 14	Wands	1 Low Horizontal Bar	1 Rings	1 Parallel Bars	Buck—3 ft. 6 in.	Potato race
Oct. 18	Indian Clubs	1 Rings	1 Parallel Bars	1 Horizontal Bar	Standards—Front jump for height	Indian Club dance Basket Ball
Oct. 21	Free Exercises	3 Parallel Bars	1 Horizontal Bar	1 Side Horse	Springboard	3-deep tag
Oct. 25	Dumb Bells	2 Horizontal Bar	7 Side Horse	7 Horizontal Ladder	Mat Exercises	Hopping race—Right Basket Ball
Oct. 28	Free Exercises	4 Side Horse	6 Horizontal Ladder	1 Low Horizontal Bar	Buck—For height	Window jump
Nov. 1	Wands	2 Horizontal Ladder	1 Low Horizontal Bar	8 Slanting Ladder	Stand'rds—Front—2 ft.	Obstacle race
Etc.	Free Exercises	5 Low Horizontal Bar	7 Slanting Ladder	5 Parallel Bars	Buck—3 ft. 9 in.	3-deep tag
	Dumb Bells	3 Slanting Ladder	6 Parallel Bars	8 Horizontal Bar	High jump from 1 ft. Springb'd & Stand'rds	Hopping race—Left Basket Ball
	Indian Clubs	2 Parallel Bars	5 Horizontal Bar	9 Long Horse	Mat Exercises	Indian Club race
	Wands	3 Horizontal Bar	15 Long Horse	1 Rings	Low Horizontal Bar—Quick vaulting exercise	Jumping race Basket Ball

SCHEDULE 1 (Continued).

MASSSED CLASS			CLASS IN SQUADS			MASSSED CLASS	
DATE	CALIS- THENICS	FIRST GRADE	SECOND GRADE	THIRD GRADE	GENERAL EXERCISE	GAMES	
	Free Exercises 16	Low Hor. Bar 45	Hor. Ladder 26	Parallel Bars 53	Low Horizontal Bar—Quick exercises	Window Jump	
	Dumb Bells 10	Hor. Ladder 22	Parallel Bars 48	Horizontal Bar 43	Side Horse & Buck 1	Running race Basket Ball	
	Free Exercises 17	Parallel Bars 35	Horizontal Bar 51	Long Horse 8	Buck—For height	3-deep tag	
	Wands 10	Horizontal Bar 49	Long Horse 7	Rings 30	Buck & Standards	Frog-spread race Basket Ball	
	Indian Clubs 7	Long Horse 6	Rings 25	Low Hor. Bar 60	Hop, Step & Jump—Distance	Pushing with wand—One at each side	
	Free Exercises 18	Rings 23	Low Hor. Bar 56	Slanting Ladder 35	Buck and Side Horse 1	Wheelbarrow race Basket Ball	
	Dumb Bells 11	Low Hor. Bar 51	Slanting Ladder 28	Parallel Bars 61	Springboard & Standards—3 ft.	3-deep tag	
	Free Exercises 19	Slanting Ladder 28	Parallel Bars 55	Horizontal Bar 51	Standards—High jump from both ft.	Hand Squeeze Basket Ball	
	Wands 11	Parallel Bars 43	Horizontal Bar 62	Side Horse 33	Buck—4 ft.	Indian Club race	
	Free Exercises 20	Horizontal Bar 56	Side Horse 42	Hor. Ladder 40	Run'g Broad Jump—Small board & Stan'rd's	Hop around hall—All abreast, Basket Ball	
	Dumb Bells 12	Side Horse 36	Hor. Ladder 31	Low Hor. Bar 69	Mat Exercises	3-deep tag	
	Indian Clubs 8	Hor. Ladder 28	Low Hor. Bar 63	Rings 39	Springboard & Standards—Height	Leap-frog race Basket Ball	
	Wands 12	Low Hor. Bar 59	Rings 33	Parallel Bars 71	Springboard & Standards—2 ft. 9 in.	2 Pulling with pole—Several at each end	

SCHEDULE 1 (Continued).

MASSSED CLASS				CLASS IN SQUADS			MASSSED CLASS	
DATE	CALIS- THENICS	FIRST GRADE	SECOND GRADE	THIRD GRADE	GENERAL EXERCISE		GAMES	
	Free Exercises	11 Hor. Ladder	11 Low Hor. Bar	29 Slant-ing Ladder	20	1 Leap-frog race Basket Ball		
	Dumb Bells	7 Low Hor. Bar	28 Slant-ing Ladder	17 Parallel Bars	34	Standards— Side jump for height	Potato race	
	Free Exercises	12 Slant-ing Ladder	15 Parallel Bars	31 Horizontal Bar	29	1 Indian Club dance Basket Ball		
	Wands	7 Parallel Bars	22 Horizontal Bar	32 Side Horse	20	2		
	Indian Clubs	5 Horizontal Bar	35 Side Horse	29 Horizontal Ladder	24	Buck—3 ft. 6 in. Standards— Front jump for height	3-deep tag Hopping around hall— Single file. Basket Ball	
	Free Exercises	13 Side Horse	24 Horizontal Ladder	19 Low Horizontal Bar	42	Springboard & Standards—2 ft. 9 in.	Pulling with wand—One at each end	
	Dumb Bells	8 Horizontal Ladder	17 Low Horizontal Bar	38 Rings	22	Buck—Standards close—For height	Frog-spread race Basket Ball	
	Free Exercises	14 Low Horizontal Bar	36 Rings	18 Parallel Bars	43	4		
	Wands	8 Rings	17 Parallel Bars	40 Horizontal Bar	37	Mat Exercises	3-deep tag	
	Free Exercises	15 Parallel Bars	28 Horizontal Bar	41 Side Horse	26	Standards and Buck	1 Wheelbarrow race Basket Ball	
	Dumb Bells	9 Horizontal Bar	44 Side Horse	35 Slant-ing Ladder	27	Stand' rds—Jump f'w'd from both ft. for height	Rooster fight	
	Indian Clubs	6 Side Horse	29 Slant-ing Ladder	23 Low Horizontal Bar	52	Buck—3 ft. 9 in.	2 Tug o' War Basket Ball	
	Wands	9 Slant-ing Ladder	22 Low Horizontal Bar	47 Horizontal Ladder	31	Springboard— High jump—Both ft.	3-deep tag	
						Springboard & Standards—2 ft. 6 in.	2 Hopping around hall— Double file. Bask. Ball	

SCHEDULE 1 (Continued).

MASS CLASS CLASS IN SQUADS MASSED CLASS

DATE	CALISTHENICS	FIRST GRADE	SECOND GRADE	THIRD GRADE	GENERAL EXERCISES	GAMES
	Free Exercises 21	Rings 29	Parallel Bars 63	Horizontal Bar 59	Standards & Buck	1 Indian Club passing Basket Ball
	Dumb Bells 13	Parallel Bars 50	Horizontal Bar 73	Side Horse 39	Standards—Side jump for height	3-deep tag
	Wands 13	Horizontal Bar 63	Side Horse 49	Slanting Ladder 42	Buck—4 ft. 3 in.	1 'Tug o' War Basket Ball
	Free Exercises 22	Side Horse 42	Slanting Ladder 35	Low Hor. Bar *	Buck & Standards—Close raised for height	Window Jump
	Indian Clubs 9	Slanting Ladder 33	Low Hor. Bar 70	Hor. Ladder *	Side Horse, Buck, Standards	1 Elephant race Basket Ball
	Free Exercises 23	Low Hor. Bar 69	Hor. Ladder 37	Parallel Bars *	Springboard & Standards—3 ft.	2 3-deep tag
	Dumb Bells 14	Hor. Ladder 35	Parallel Bars 70	Horizontal Bar 67	Stand'rds—From small b'r'd—Front—For h'g't abreast.	Hop around ball—6 Basket Ball
	Free Exercises 24	Parallel Bars 59	Horizontal Bar *	Side Horse 46	Buck & Standards	2 Rooster fight
	Wands 14	Horizontal Bar *	Side Horse *	Slanting Ladder *	Low Horizontal Bar—Vault—For height	Running race Basket Ball
	Free Exercises 25	Side Horse *	Slanting Ladder *	Low Hor. Bar *	Side Horse & Buck	1 3-deep tag
	Dumb Bells 15	Slanting Ladder 39	Low Hor. Bar *	Rings *	Stand'rds—Front—2 ft.	2 Frog-spread race Basket Ball
	Indian Clubs 10	Low Hor. Bar *	Rings 41	Parallel Bars *	Springboard & Buck	1 Knapsack race
	Wands 15	Rings *	Parallel Bars *	Horizontal Bar *	Buck & Side Horse	1 Indian Club dance Basket Ball

* Review.

SCHEDULE 1 (Continued).

MASS CLASS

CLASS IN SQUADS

MASSED CLASS

DATE	CALISTHENICS	FIRST GRADE	SECOND GRADE	THIRD GRADE	GENERAL EXERCISE	GAMES
	Free Exercises	6	1	6 Low	Standards—Side jump for height	3-deep tag
	Dumb Bells	4	6	14 Hor. Ladder	Standards—Front—1 ft. 9 in.	Running race Basket Ball
	Free Exercises	7	16	6 Parallel Bars	Springboard & Standards—2 ft. 6 in.	Rooster fight
	Wands	4	6	17 Horizontal Bar	Buck—For height	Knapsack race Basket Ball
	Indian Clubs	3	11	17 Side Horse	Mat Exercises	3-deep tag
	Free Exercises	8	21	15 Slanting Ladder	Standards—Front—For height—F'm small brd	2-deep—Hopping race—Right. Basket Ball
	Dumb Bells	5	12	12 Low	Buck & Standards	Indian Club passing
	Free Exercises	9	11	22 Rings	Springboard	2-deep—Hopping race—Left. Basket Ball.
	Wands	5	21	13 Parallel Bars	Buck & Stan's—Stan's close, raised for height	3-deep tag
	Free Exercises	10	12	25 Horizontal Bar	Mat Exercises	Race—Partner carried on shoulders. Bas. Ball
	Dumb Bells	6	15	24 Side Horse	Vaulting Bar—For height	Window Jump
	Indian Clubs	4	28	21 Horizontal Ladder	Standards—Front—2 ft.	Hand Squeeze Basket Ball
	Wands	6	17	14 Low Horizontal Bar	Springboard—High jumping from both ft	3-deep tag

2. ADVANCED CLASS SCHEDULE.

Fifth Grade Exercises compiled for use as needed. Bookkeeping as for Schedule 1.

MASSSED CLASS CLASS IN SQUADS				MASSSED CLASS	
DATE	CALIS- THENICS	FOURTH GRADE	FIFTH GRADE	GENERAL EXERCISE	GAMES
Oct. 3	Free Exercises 26	Hor. Bar	Side Horse	Mat Exercises 3	Leap-frog race. Basket Ball
Oct. 6	Wands 16	Side Horse	Slant- ing Ladder	Standards— Side jump for height	3-deep tag
Oct. 10	Dumb Bells 16	Slant- ing Ladder	Low Hor. Bar	Stand'ards—Front—2 ft.	Knapsack race. Basket Ball
Oct. 13	Free Exercises 27	Low Hor. Bar	Rings	Back—4 ft. 2	Potato race
Oct. 17	Wands 17	Rings	Parallel Bars	Standards—front high jump	Indian Club dance Basket Ball
Oct. 20	Indian Clubs 11	Parallel Bars	Hori- zontal Bar	Springboard 2	3-deep tag
Oct. 24	Free Exercises 28	Hori- zontal Bar	Side Horse	Mat Exercises 4	Telegraphing. Basket Ball
Oct. 27	Dumb Bells 17	Side Horse	Hor. Ladder	Back—high	Window jump
Oct. 31	Free Exercises 29	Hor. Ladder	Low Hor. Bar	Standards— Front—2 ft. 3 in. 2	Obstacle race. Basket Ball
Etc.	Wands 18	Low Hor. Bar	Slant- ing Ladder	Back—4 ft. 3 in. 2	3-deep tag
	Free Exercises 30	Slant- ing Ladder	Parallel Bars	Springboard—high jump from one foot	Tug o' War. Basket Ball
	Dumb Bells 18	Parallel Bars	Hori- zontal Bar	Mat Exercises 5	Indian Club race
	Indian Clubs 12	Hori- zontal Bar	Long Horse	Vaulting Bar—Quick Exercises	Jumping race. Basket Ball

SCHEDULE 2 (Continued).

MASSSED CLASS		CLASS IN SQUADS		MASSSED CLASS	
DATE	CALIS- THEXICS	FOURTH GRADE	FIFTH GRADE	GENERAL EXERCISE	GAMES
	Wands	19 Long Horse	Rings	Standards— Side jump for height	3-deep tag
	Free Exercises	31 Rings	Low Hor. Bar	Standards— Front—2 ft.	3 Running race. Basket Ball
	Dumb Bells	19 Low Hor. Bar	Horizontal Ladder	Springboard & Standards—3 ft.	2 Rooster fight
	Free Exercises	32 Horizontal Ladder	Parallel Bars	Buck-squat vault for height	Knapsack race. Basket Ball
	Wands	20 Parallel Bars	Horizontal Bar	Mat Exercises	4 3-deep tag
	Indian Clubs	13 Horizontal Bar	Side Horse	Standards—front high from small board	2-deep hopping race, right. Basket Ball
	Free Exercises	33 Side Horse	Slanting Ladder	Buck & Standards—Close	2 Tug o' War
	Dumb Bells	20 Slanting Ladder	Low Hor. Bar	Springboard	3 2-deep hopping race, left. Basket Ball
	Free Exercises	34 Low Hor. Bar	Rings	Buck, Standards, close and raised for height	3-deep tag
	Wands	21 Rings	Parallel Bars	Low. Hor. Bar & St'ds *shoot for height	Race—one man sitting on shoulders of partner. Basket Ball
	Free Exercises	35 Parallel Bars	Horizontal Bar	Low Horizontal Bar—Vault for height	Window Jump
	Dumb Bells	21 Horizontal Bar	Side Horse	Standards—Front—2 ft. 3 in.	3 Hand Squeeze. Basket Ball
	Indian Clubs	14 Side Horse	Horizontal Ladder	Springboard—High jump—Both ft.	3-deep tag

*Short underswing to floor

SCHEDULE 2 (Continued).

MASSSED CLASS; CLASS IN SQUADS

MASSSED CLASS

DATE	CALIS- THENICS	FOURTH GRADE	FIFTH GRADE	GENERAL EXERCISES	GAMES
	22	Horizontal Ladder	Low Hor. Bar	2 Buck—4 ft. 6 in.	Potato race. Basket Ball
	36	Low Hor. Bar	Slant- ing Ladder	3 Buck & Standards	Indian Club race
	22	Slant- ing Ladder	Parallel Bars	3 Buck—4 ft.	Running race. Basket Ball
	37	Parallel Bars	Horizontal Bar	Standards— Side jump for height	3-deep tag
	23	Horizontal Bar	Side Horse	Standards— Front jump for height	Hop around hall—Single file Basket Ball
	15	Side Horse	Horizontal Ladder	Springboard & Standards—3 ft. 6 in.	2 Pulling with wand—one at each end
	38	Horizontal Ladder	Low Hor. Bar	Buck & Standards— Close raised for height	Frog-spread race. Basket Ball
	23	Low Hor. Bar	Rings	6 Mat Exercises	3-deep tag
	39	Rings	Parallel bars	2 Standards & Buck	Wheelbarrow race. Basket Ball
	24	Parallel Bars	Horizontal Bar	Standards—front, high jump from both ft.	Rooster fight.
	40	Horizontal Bar	Side Horse	3 Buck—4 ft. 3 in.	Tug o' War. Basket Ball
	24	Side Horse	Slant- ing Ladder	Springboard—High from both ft.	3-deep tag
	16	Slant- ing Ladder	Low Hor. Bar	Springboard & Standards—3 ft.	3 Hop around Hall, double file. Basket Ball

SCHEDULE 2 (Continued).

MASSSED CLASS

CLASS IN SQUADS

MASSSED CLASS

DATE	CALIS- THENICS	FOURTH GRADE	FIFTH GRADE	GENERAL EXERCISE	GAMES
	25 Wands	Low Hor. Bar	Horizontal Ladder	Buck, Standards and Side Horse	Window Jump
	41 Free Exercises	Horizontal Ladder	Parallel Bars	Buck-squat Vault for Height	Running race. Basket Ball
	25 Dumb Bells	Parallel Bars	Horizontal Bar	2 Side Horse & Buck	3-deep tag
	42 Free Exercises	Horizontal Bar	Long Horse	L.H.B. & Stand's—hel't, push b'd f'm front rest	Frog-spread race. Basket Ball
	26 Wands	Long Horse	Rings	Hop, Step & Jump— for Distance	Pushing with Wand— one at each side
	17 Indian Clubs	Rings	Low Hor Bar	Standards, Buck and Side Horse	Wheelbarrow race. Basket Ball
	43 Free Exercises	Low Hor. Bar	Slant- ing Ladder	2 Springboard & Standards—4 ft.	3-deep tag
	26 Dumb Bells	Slant- ing Ladder	Parallel Bars	Standards—Height— Front—From both feet	Hand Squeeze. Basket Ball
	44 Free Exercises	Parallel Bars	Horizontal Bar	3 Buck—4 ft. 6 in.	Indian Club race
	27 Wands	Horizontal Bar	Side Horse	Spring'rd & Stand'rds Broad and High Jump	Hop around hall by fours Basket Ball
	45 Free Exercises	Side Horse	Horizontal Ladder	6 Ma' Exercises	3-deep tag
	27 Dumb Bells	Horizontal Ladder	Low Hor Par	Springboard & Standards—Height	Tug o' War Basket Ball
	18 Indian Clubs	Low Hor Bar	Rings	Springboard & Standards—3 ft 6 in. two at each end	3 Pulling with Wand— two at each end

SCHEDULE 2 (Continued).

MASSSED CLASS CLASS IN SQUADS

MASSSED CLASS

DATE	CALIS- THENICS	FOURTH GRADE	FIFTH GRADE	GENERAL EXERCISE	GAMES
	Wands 28	Rings	Parallel Bars	Standards and Buck 3	Indian Club Passing. Basket Ball
	Free Exercises 46	Parallel Bars	Horizontal Bar	Standards— Side jump for height	3-deep tag
	Dumb Bells 28	Horizontal Bar	Side Horse	Buck—4 ft. 9 in. 2	Tug o' War. Basket Ball
	Free Exercises 47	Side Horse	Slant- ing Ladder	Buck & Standards— close—for distance	Window Jump
	Wands 29	Slant- ing Ladder	Low	Standards— Side Horse and Buck	Elephant Race. Basket Ball
	Indian Clubs 19	Low Hor. Bar	Horizontal Ladder	Springboard & Standards—3 ft. 9 in. 3	3-deep tag
	Free Exercises 48	Horizontal Ladder	Parallel Bars	Stand'rds—From small b'rd—Front—For h'g't Basket Ball	Hop around hall—Six abreast Basket Ball
	Dumb Bells 29	Parallel Bars	Horizontal Bar	Buck & Standards 3	Rooster fight
	Free Exercises 49	Horizontal Bar	Side Horse	Low Horizontal Bar— High Vaulting	Running race. Basket Ball
	Wands 30	Side Horse	Slant- ing Ladder	Side Horse & Buck 2	3-deep tag
	Free Exercises 50	Slant- ing Ladder	Low Hor. Bar	Standards— Front—2 ft. 6 in. 2	Frog-spread race Basket Ball
	Dumb Bells 30	Low Hor. Bar	Rings	Springboard & Buck 2	Indian Club dance
	Indian Clubs 20	Rings	Parallel Bars	Standards— Front—2 ft. 6 in. 3	Tug o' War. Basket Ball

3. SCHEDULE FOR BUSINESS AND PROFESSIONAL MEN.

MASSED CLASS CLASS IN SQUADS

MASSED CLASS

DATE	CALISTHENICS	SECOND GRADE	FIRST GRADE	GENERAL EXERCISE	RECREATION
Oct. 1	Wands 1			Marching. Run, with arm Exer.	Breathing Exercises
Oct. 5	Free Exercises 1			Marching. Mat Exer. Abdominal Exercises	Breathing Exercises
Oct. 8	Dumb Bells 1			Standards— Front—1 ft. 9 in. 1	Breathing Exercises
Oct. 12	Free Exercises 1			Buck—3 ft. 6 in. 1	
Oct. 15	Wands 1			Run, with free Exer. Breathing Exercises	Standards—Height—Front
Oct. 19	Indian Clubs 1			Low Horizontal Bar	Run. Mat Exercises 2
Oct. 22	Free Exercises 2	Horizontal Bar	Parallel Bars	Buck—3 ft. 9 in. 1	Basket Ball
Oct. 26	Dumb Bells 1	Parallel Bars	Horizontal Bar	Stand'rds—Front—2 ft. 2	Run
Oct. 29	Free Exercises 1	Horizontal Ladder	Low Hor. Bar	Abdominal Exercises Run, with arm Exer.	Basket Ball
Etc.	Wands 2	Low Hor. Bar	Horizontal Ladder	Medicine Ball	Buck—Height
	Free Exercises 2	Horizontal Bar	Parallel Bars	Mat Exercises 3	Basket Ball
	Dumb Bells 2	Parallel Bars	Horizontal Bar	Standards— Front—1 ft. 9 in. 2	Leap-frog race
	Indian Clubs 1	Horizontal Ladder	Side Horse	Mat Exercises 2	Run, with free exer. Basket Ball

SCHEDULE 3 (continued).

MASSED CLASS CLASS IN SQUADS MASSED CLASS

DATE	CALIS- THENICS	SECOND GRADE	FIRST GRADE	GENERAL EXERCISES	RECREATION
	Free Exercises 4	Horizontal Bar	Parallel Bars	Mat Exercises 4	Run, with free exer. Basket Ball
	Wands 2	Parallel Bars	Horizontal Bar	Short running race	Standards—Side for height
	Free Exercises 5	Horizontal Ladder	Side Horse	Standards—Front—2 ft. 2	Basket Ball
	Dumb Bells 2	Side Horse	Horizontal Ladder	Buck—4 ft. 1	Leap-frog race
	Wands 3	Horizontal Bar	Parallel Bars	Run. Buck—Height	Basket Ball
	Indian Clubs 2	Parallel Bars	Horizontal Bar	Jumping exer over 2 rolled mats—6 ft. apart	3 -deep tag
	Free Exercises 4	Horizontal Ladder	Low	Buck—3 ft. 3 in. 2	Basket Ball
	Dumb Bells 3	Low	Horizontal Ladder	Run, with free exer. Standards & Buck	Medicine Ball
	Free Exercises 5	Horizontal Bar	Parallel Bars	Buck—3 ft. 3 in. 2	3 -deep tag Basket Ball
	Wands 4	Parallel Bars	Horizontal Bar	Side Horse & Buck	Run. Hopping race
	Free Exercises 6	Horizontal Ladder	Side Horse	Standards—Height—Front—Both feet	Medicine Ball Basket Ball
	Dumb Bells 4	Side Horse	Horizontal Ladder	Standards—Front—2 ft. 3 in.—F'm beat b'd	Race
	Indian Clubs 3	Horizontal Bar	Parallel Bars	Standards & Buck	Medicine Ball. Basket Ball

SCHEDULE 3 (Continued).

MASSÉD CLASS CLASS IN SQUADS

MASSÉD CLASS

DATE	CALIS- THENICS	SECOND GRADE	FIRST GRADE	GENERAL EXERCISE	RECREATION
	Wands	1	Horizontal Ladder	Medicine Ball	Standards—Height—Side
	Free Exercises	3	Horizontal Bar	Standards— Front—2 ft.	2 Basket Ball
	Dumb Bells	1	Parallel Bar	Buck & Standards	Run
	Free Exercises	2	Horizontal Ladder	Run. Vaulting—Height	Basket Ball
	Wands	2	Low Hor. Bar	3 Mat Exercises	3-deep tag
	Indian Clubs	2	Horizontal Ladder	Buck & Standards	Basket Ball
	Free Exercises	3	Horizontal Bar	1 Buck—3 ft. 9 in.	Medicine Ball
	Dumb Bells	2	Long Horse	Run. Buck—Height.	Basket Ball
	Free Exercises	4	Horizontal Ladder	Jumping over rolled mat	Knapsack race
	Wands	3	Parallel Bar	Side Horse & Buck	Run, with free exer. Basket Ball
	Free Exercises	3	Horizontal Bar	Standards— Front—2 ft.	2 3-deep tag
	Dumb Bells	3	Low Hor. Bar	Standards—Front— From beat board	Basket Ball
	Indian Clubs	1	Horizontal Ladder	1 Buck—4 ft	Medicine Ball

SCHEDULE 3 (Continued).

MASSED CLASS CLASS IN SQUADS

MASSED CLASS

DATE	CALISTHENICS	SECOND GRADE	FIRST GRADE	GENERAL EXERCISE	RECREATION
	Free Exercises 5	Parallel Bars	Horizontal Bar	Buck—3 ft. 6 in. 2	3-deep tag
	Wands 3	Horizontal Ladder	Low Hor. Bar	Medicine Ball	Vaulting—Height. Basket Ball
	Free Exercises 6	Low Hor. Bar	Horizontal Ladder	Buck & Side Horse	Medicine Ball
	Dumb Bells 3	Horizontal Bar	Parallel Bars	Mat Exercises 4	Basket Ball
	Free Exercises 7	Parallel Bars	Horizontal Bar	Side Horse & Stand'rds	Knapsack race
	Wands 4	Horizontal Ladder	Side Horse	Buck—Height	Run, with free exer. Basket Ball
	Indian Clubs 2	Side Horse	Horizontal Ladder	Standards—Front—2 ft. 2	3-deep tag
	Free Exercises 6	Horizontal Bar	Low Hor. Bar	Abdominal Exercises	Stan's & Side Horse. Basket Ball
	Dumb Bells 4	Parallel Bars	Horizontal Ladder	Vaulting Bar. Buck—3 ft. 6 in. 2	Hop around hall—Single file
	Free Exercises 7	Horizontal Ladder	Parallel Bars	Standards—Front—2 ft.—From beat board	Basket Ball
	Wands 5	Low Hor. Bar	Horizontal Bar	Standards—Height—Front—From both feet	Medicine Ball
	Free Exercises 8	Horizontal Bar	Side Horse	Side Horse & Buck	Basket Ball
	Dumb Bells 5	Parallel Bars	Horizontal Ladder	Run, with arm exer. Buck & Stan's—Close	Rooster fight

SCHEDULE 3 (Continued).

MASSSED CLASS				CLASS IN SQUADS		MASSSED CLASS	
DATE	CALIS- THENICS	SECOND GRADE	FIRST GRADE	GENERAL EXERCISE	RECREATION		
	Indian Clubs	3 Horizontal Ladder	Side Horse	Standards—Front—2 ft.	2 Basket Ball		
	Free Exercises	7 Side Horse	Hor. Ladder	Abdominal Exercises. Stand's—Height—Side	3-deep tag		
	Wands	4 Horizontal Bar	Parallel Bars	Medicine Ball	Basket Ball		
	Free Exercises	8 Parallel Bars	Horizontal Bar	Buck & Side Horse	Run. Hop around hall—Double file.		
	Dumb Bells	4 Horizontal Ladder	Low Hor. Bar	Standards—Height—Front	Basket Ball		
	Free Exercises	9 Low Hor. Bar	Horizontal Ladder	Buck—3 ft. 9 in.	Medicine Ball		
	Wands	5 Horizontal Bar	Parallel Bars	Standards—Front—2 ft.—From beat board	Basket Ball		
	Indian Clubs	3 Parallel Bars	Horizontal Bar	Side Horse and Buck	Hop around hall—Four abreast		
	Free Exercises	8 Horizontal Ladder	Side Horse	Buck & Standards—Close for height	Basket Ball		
	Dumb Bells	5 Side Horse	Horizontal Ladder	Mat Exercises	3-deep tag		
	Free Exercises	9 Horizontal Bar	Parallel Bars	Buck & Standards—Close	Basket Ball		

4. SEASON CLASS SCHEDULE FOR BOYS UNDER 12 YEARS OF AGE.

DATE	CALISTHENICS	GENERAL EXERCISE	RECREATION
Oct. 2	Free Exercises	1 Mat Exercises	Leap-frog race
Oct. 6	Wands	1 Standards—High—Front	Fox and Geese. Basket Ball
Oct. 9	Dumb Bells	1 Buck	Indian Club race
Oct. 13	Free Exercises	2 Springboard	Knapsack race. Basket Ball
Oct. 16	Wands	2 Mat Exercises	Indian Club dance
Oct. 20	Free Exercises	3 Hop, Step & Jump—Distance over stick	Running race. Basket Ball
Oct. 23	Dumb Bells	2 Standards—Front—1 ft. 6 in.	Knapsack race around hall
Oct. 27	Free Exercises	4 Buck—High	Hopping race—Right. Basket Ball
Oct. 30	Wands	3 Springboard	Potato race
Etc.	Free Exercises	5 Standards—Side—1 ft. 6 in.	Hopping race—Left. Basket Ball
	Dumb Bells	3 Buck	Indian Club passing
	Indian Clubs	1 Standards—High—Front	Knapsack race. Basket Ball.
	Wands	4 Low Horizontal Bar—Quick Exercises	Rooster flight.
	Free Exercises	6 Window Jump	Fox and Geese. Basket Ball
	Dumb Bells	4 Mat Exercises	Running race
	Free Exercises	7 Springboard—Height—One foot	Leap-frog race. Basket Ball
	Wands	5 Buck	Indian Club passing

4 (Continued).

DATE	CALISTHENICS	GENERAL EXERCISE	RECREATION
	Wands	10 Standards—Front—1 ft. 9 in.	Pull with pole—Several at each end
	Free Exercises	16 Standards—High—Front	Two lock arms—Race around hall. Basket Ball
	Dumb Bells	9 Springboard	Indian Club dance
	Free Exercises	17 Running High and Broad Jump	Two lock arms—Hop race—Right. Basket Ball
	Wands	11 Buck	Obstacle race
	Free Exercises	18 Standards—Front—1 ft. 9 in.	Fox and Geese. Basket Ball
	Dumb Bells	10 Mat Exercises	Potato race
	Free Exercises	19 Stan's—High—Front—From small b'd	Frog-spread race. Basket Ball
	Wands	12 Springboard & Standards—2 ft. 6 in.	Rooster fight
	Free Exercises	20 Springboard—High	Two lock arms—Hop race—Left. Basket Ball
	Dumb Bells	11 Low Horizontal Bar	Wrestling
	Free Exercises	21 Buck	Wheelbarrow race. Basket Ball
	Wands	13 Springboard	Pull with wand—1 at each end
	Free Exercises	22 Buck—High	Two lock arms—Race. Basket Ball
	Dumb Bells	12 Springboard & Standards—3 ft.	Knapsack race around hall

4 (Continued).

DATE	CALISTHENICS	GENERAL EXERCISE	RECREATION
	Free Exercises 8	Springboard	Running race, Basket Ball
	Dumb Bells	5 Standards—Front—1 ft. 6 in.	Obstacle race
	Free Exercises	9 Running Broad & High Jump	Wheelbarrow race, Basket Ball
	Wands	6 Mat Exercises	Indian Club dance
	Free Exercises	10 Buck—High	Hop race—Right—2 deep, Bask. Ball
	Dumb Bells	6 Springboard & Standards—2 ft.	Pull with wand—1 at each end
	Free Exercises	11 Standards—Front—High	Hop race—Left—2 deep, Bask. Ball
	Wands	7 Buck	Indian Club dance
	Free Exercises	12 Springboard	Fox and Geese, Basket Ball
	Dumb Bells	7 Standards—Front—1 ft. 6 in.	Potato race
	Free Exercises	13 Springboard—High from one foot	Race—Going bet. legs, Bask. Ball
	Wands	8 Low Horizontal Bar	Obstacle race
	Indian Clubs	2 Hop, Step & Jump—Distance	Frog-spread race, Basket Ball
	Wands	9 Springboard & Standards—2 ft. 3 in.	Push with wand—1 on each side
	Free Exercises	14 Buck	Wheelbarrow race, Basket Ball
	Dumb Bells	8 Mat Exercises	Indian Club race
	Free Exercises	15 Buck—High	Running race, Basket Ball

4 (Continued).

DATE	CALISTHENICS	GENERAL EXERCISE	RECREATION
	Free Exercises 23	Window Jump	Four lock arms—Race. Basket Ball
	Wands 14	Buck	Push with wand
	Indian Clubs 3	Mat Exercises	Fox and Geese. Basket Ball
	Free Exercises 24	Springboard	Obstacle race
	Dumb Bells 13	Stan's—High—Front—From small b'd	Race—Going bet. legs. Bask. Ball
	Free Exercises 25	Standards—Front—1 ft. 9 in.	Pull with pole
	Wands 15	Springboard—High	Four lock arms—Hop race—Right. Basket Ball
	Free Exercises *	Low Horizontal Bar	Indian Club race
	Dumb Bells 14	Buck	Four lock arms—Hop race—Left. Basket Ball
	Free Exercises *	Standards—Front—2 ft.	Indian Club dance
	Wands *	Buck—High	Frog-spread race. Basket Ball.
	Free Exercises *	Springboard	Potato race
	Dumb Bells 15	Mat Exercises	Fox and Geese. Basket Ball

* Review.

CHAPTER III.

CALISTHENIC EXERCISES.

Referring to the Elementary Schedule (No. 1), it will be noticed that there are used 25 separate lists of free exercises, 15 of wands, 15 of dumb-bells, and 10 of Indian clubs.

Each list, except that for the Indian clubs, contains from 20 to 30 exercises for the development of the various parts of the body, forearm, upper arm, shoulder, neck, leg, thigh and waist, with special attention given to corrective exercises.

The use of 25 lists of exercises means that some of the best exercises are repeated in a number of the lists, others made slightly harder by increase of leverage, some new and harder exercises introduced, but mainly an increase in combinations of the fundamental exercises. Thus in List 2, many of the exercises of 1 are repeated, but with the gradual introduction of new exercises and combinations of old, tending toward more difficult work both mentally and physically, being perhaps no exercise in 5 that was used in 1, and very few in 10 used in 5, etc.

The same plan is carried out with wand, dumb-bell and Indian club.

Of course the hygienic value of Indian club swinging is almost nothing, but the power and grace developed by these, in advancing swings and combinations, make it valuable and entitled to a place in physical training.

Referring to Schedule No. 2, it will be noticed that the grading of calisthenics does not end with the Elementary Class, but continues through the advanced work. Free exercises, Lists 26 to 50; wands and dumb-bells, 16 to 30; Indian clubs, 11 to 20.

Keeping in mind the results desired for each session and for the season, the instructor may compile this work with little danger of entering upon the spectacular in his desire to secure new exercises. It is mainly a matter of new combinations of valuable elementary exercises.

Boys from 12 to 16 years of age may use this same schedule.

For boys under 12, the work should go over the same ground, but must start in a simpler way and proceed more slowly. Less attention to be paid to heavy body building exercises and more to the finer development of carriage and co-ordination.

In the work for business and professional men some variety is necessary, but without any attempt at education. So the number of lists may be reduced, though the number of exercises in each list should be raised somewhat.

It will be seen from Schedule No. 3 that 9 lists of free exercises are called for, 5 lists for wands, 5 for dumb-bells, and 3 for Indian clubs. The number of exercises in each lesson should be increased to from 30 to 40, because where 15 minutes' calisthenic exercise is sufficient for other classes, these men need from 20 to 25 minutes of this waist, upper body and arm work.

GRADED APPARATUS EXERCISES

INTRODUCTION

Realizing the difficulty of mastering the nomenclature, only the simplest official terms are used, other movements and positions being fully explained.

Division in exercises made as follows:

Dash used between parts or counts of an exercise.

Comma used only during the explanation of a single part of an exercise.

That the exercises may be properly learned, the form noticed, and a greater amount of physical work received, the simpler exercises of the first and second grades should be repeated several times by the pupil before leaving the apparatus. This is particularly necessary when using the exercises for business men.

Insist upon perfect form, especially when working upon the parallel bars and horse.

Unless otherwise stated in the exercise, all exercises on the horizontal bar begin with side hang, ordinary grasp. Parallel bars, cross rest at end, facing in. Horizontal and slanting ladder, cross hang on outside of rails. Side horse, front rest at saddle. Flying Rings—With the exception of exercises 2, 7, 13, 14, 18, Fourth Grade, all swings are merely from the waist down and used preliminary to raising knees and legs to rings by a slow pull.

CHAPTER IV.

PARALLEL BARS.

Low Bars (4 feet to 4 feet 6 inches).

First Grade.

At end.

1. Jump to cross rest—down.
2. Jump to cross rest—raise right knee. Same left. Alternate.
3. Jump to rest—raise both knees.
4. In rest—lift right hand from bar several times. Same left. Alternate. Both at once.
5. Raise right leg to half lever. Same left. Alternate.
6. Two steps forward with right hand—return. Same left. Alternate.
7. Change right hand to reverse grasp—return. Same left. Alternate.
8. Change right hand to reverse grasp—change left to reverse—return.
9. Two jumps forward—return.
10. Jump to inside seat on right bar in front of right hand—return. Opposite side. Alternate.
11. Jump up and spread down to riding seat on right bar—return. Opposite side. Alternate.
12. Right hand on left bar—jump with half left turn to cross rest at end facing out. Opposite side.
13. Small swing.

14. Swing to inside seat in front of right hand—return. Opposite side. Alternate.

15. Right hand on left bar—jump to cross rest, facing out—swing to inside seat on right bar behind right hand—return. Opposite side. Alternate.

16. Swing to riding seat over right bar—return. Same left. Alternate.

17. Right hand on left bar—jump to cross rest facing out—swing to riding seat over right bar—return. Same left. Alternate.

18. Swing to outside seat on right bar—return. Same left. Alternate.

19. Right hand on left bar—jump to cross rest facing out—swing to outside seat right—return. Opposite side. Alternate.

20. Swing to outside seat right—quarter right turn to back rest on right bar—push off forward. Opposite side.

21. Right hand on left bar—jump to cross rest facing out—swing to outside seat behind right hand—quarter right turn to back rest—push off forward. Opposite side.

22. In rest—raise right knee forward—straighten right leg forward—return. Opposite side.

23. Swing, spreading legs on backward swing. Same at end of forward swing. Alternate.

24. Spread up over right bar, sliding right hand forward, to riding seat behind right hand—push off backward. Opposite side. Alternate.

25. Spread up over right bar to riding seat, right hand behind—swing down and off. Opposite side. Alternate.

26. From cross rest—raise right leg slowly to riding seat over right bar—return. Opposite side.

27. Cross rest—swing to riding seat over both bars—return.

28. Raise right leg slowly to riding seat over right bar—raise left leg to riding seat over both bars—swing down off. Opposite side.

29. Right hand on left bar—jump to cross rest facing out—swing to riding seat over both bars—return.

30. Right hand on left bar—jump to rest at end facing out—two steps backward right—return. Opposite side.

31. Cross rest at end facing out—jump backward twice—return.

32. On forward swing—forward spread right. Same left.

33. On backward swing—forward spread right. Same left.

34. Alternate forward spread right and left on forward swing.

35. Alternate forward spread right and left on backward swing.

36. Raise right leg forward to half lever—move sideways over left bar—return. Opposite side.

37. Swing—spread right leg down on left bar—return. Opposite side.

38. Swing to outside seat right—vault off right. Opposite side.

39. Raise right knee forward—straighten right leg forward—return. Same left. Alternate.

40. Swing to outside seat right—quarter left turn to front rest on right bar, hands on left bar—push off backward. Opposite side.

41. Right hand on left bar—jump to rest facing out—

swing to outside seat right—quarter left turn to front rest — push off backward. Opposite side.

42. Swing to inside seat on right bar—swing down and up to outside seat on right bar—swing down off. Opposite side. Alternate.

43. Swing to inside seat on right bar—swing down and up to outside seat on left bar—swing down off. Opposite side. Alternate.

44. Swing to inside seat on right bar—jump to inside seat on left bar—off. Opposite side.

45. Swing to inside seat on right bar—legs over to outside seat on right bar—off right. Opposite side.

46. Swing to inside seat on right bar—jump to outside seat on left bar—off left. Opposite side.

47. Swing to outside seat on right bar—move left leg to riding seat over both—swing down off. Opposite side.

48. Swing to outside seat right—jump to outside seat left—off. Opposite side.

49. Swing to riding seat on right bar—quarter right turn to side riding seat on right bar—half right circle with left leg and off with quarter right turn. Opposite side.

50. Swing to riding seat over right bar—rear vault right. Opposite side.

51. From cross rest—raise legs to half lever.

52. Swing to inside seat on right bar—rear vault right. Opposite side.

53. Swing to inside seat on right bar—swing down and up to riding seat on left bar—rear vault left. Opposite side.

54. Swing to outside seat on right bar—left leg over to

riding seat over both bars—rear vault right. Opposite side.

55. Swing to riding seat on right bar—swing down and up to outside seat on left bar—off left. Opposite side.

56. Swing to inside seat on right bar—jump to riding seat on left bar—rear vault left. Opposite side.

57. Swing to outside seat on right bar—jump to riding seat on left bar—rear vault left. Opposite side.

58. Swing—rear vault right. Same left.

59. Swing to riding seat on right bar—left leg to riding seat over both—swing down off. Opposite side. Alternate.

60. Swing to riding seat over both bars—jump to riding seat on right bar—rear vault right. Opposite side.

61. Jump to outside seat right—jump to riding seat over both bars—swing down off. Opposite side.

62. Jump to inside seat on right bar—jump to riding seat over both bars—swing down off. Opposite side.

63. Run—rear vault right. Same left.

64. Run—flank vault out right. Same left.

65. Run—rear vault right, quarter left turn. Opposite side.

PARALLEL BARS.

Low Bars (4 to 4 feet 6 inches).

Second Grade.

Cross rest at end facing in.

1. Jump to riding seat over both bars—rear vault right. Same left.

2. Right hand on left bar—jump to cross rest facing out—swing to riding seat on right bar—swing down and up

to outside seat right—swing down off. Opposite side. Alternate.

3. Left hand on right bar—jump to cross rest facing out—swing to inside seat right—swing down and up to outside seat right—swing down off. Opposite side. Alternate.

4. Right hand on left bar—jump to cross rest facing out—swing to inside seat right—swing down and up to outside seat left—swing down off. Opposite side. Alternate.

5. Right hand on left bar—jump to cross rest facing out—swing to inside seat right—jump to inside seat left—down. Opposite side.

6. Right hand on left bar—jump to cross rest facing out—swing to inside seat right—swing down and up to riding seat on left bar—swing down off. Opposite side. Alternate.

7. Right hand on left bar—jump to cross rest facing out—swing—front vault right. Opposite side.

8. Right hand on left bar—jump to cross rest facing out—swing to riding seat on right bar—jump to riding seat on left bar—swing down off. Opposite side.

9. Right hand on left bar—jump to cross rest facing out—swing to outside seat right—jump to outside seat left—swing in and off. Opposite side.

10. Jump to riding seat over both bars—hands in front—swing down and up to riding seat in front of hands—repeat across bars.

11. Jump to riding seat over both bars—hands in front—front vault right. Same left.

12. Right hand on left bar—jump to cross rest facing

out—swing—front vault right, quarter left turn. Opposite side.

13. Right hand on left bar—jump to cross rest facing out—swing to riding seat over both bars—hands behind—rear vault right. Opposite side.

14. From cross rest, walk forward.

15. From cross rest—lower to dip position—off.

16. Jump to dip position—push up.

17. Still dip.

18. Cross rest—walk forward, taking two steps at a time with each hand.

19. Jump to outside seat right—half left turn to riding seat over both bars—front vault right. Opposite side.

20. Right hand on left bar—jump to cross rest facing out—walk backward two steps at a time with each hand.

21. Jump to inside seat right—rear vault right. Opposite side.

22. Cross rest—jump forward across bars.

23. Jump to inside seat right—rear vault left. Opposite side.

24. Right hand on left bar—jump to cross rest facing out—jump backward across bars.

25. Riding seat on right bar—rear vault left. Opposite side.

26. Right hand on left bar—jump to cross rest facing out—legs to half lever—off with quarter right turn. Opposite side.

27. Riding seat over both bars—jump to outside seat right—to outside seat left—vault off left. Opposite side.

28. Jump to outside seat right—rear vault left. Opposite side.

29. Riding seat on right bar—jump to riding seat on left bar—rear vault right. Opposite side.

30. Swing—spread legs on forward and backward swings.

31. Right hand on left bar—jump to cross rest facing out—swing to riding seat on right bar—front vault off right. Opposite side.

32. Right hand on left bar—jump to cross rest facing out—swing to riding seat on right bar—front vault left. Opposite side.

33. Right hand on left bar—jump to cross rest facing out—raise knees forward—straighten legs forward—off forward with half right turn. Opposite side.

34. Right hand on left bar—jump to cross rest facing out—swing to outside seat right—front vault left. Opposite side.

35. Swing—spread right leg down over left bar—return. Opposite side.

36. Cross rest, one foot from end—swing—spread to riding seat behind right hand and swing up to astride right arm. Opposite side.

37. Cross rest, one foot from end—swing—on backward swing spread left leg down over right bar and continue right leg backward and up to astride right arm. Opposite side.

38. Swing—spread right leg down over left bar—return and swing backward to front vault right. Opposite side.

39. Repeat exercise 36—return swinging forward to rear vault left. Opposite side.

40. Repeat exercise 37—return—front vault left with quarter right turn. Opposite side.

41. Swing—on backward swing spread left leg down over right bar, right leg in front—return. Opposite side.
42. Swing—alternate stepping forward right and left on each forward swing.
43. Cross rest at end facing out—swing—alternate stepping backward right and left on each backward swing.
44. Elbow swing.
45. Elbow swing to outside seat right—rear vault left. Opposite side.
46. Elbow swing to riding seat over both bars—rear vault right. Same left.
47. Cross rest—swing—alternate stepping forward right and left on each backward swing.
48. Cross rest at end facing out—swing—alternate stepping backward right and left on each forward swing.
49. Elbow swing to back leaning rest on bars—return.
50. Elbow rest at end facing out—swing to front leaning rest—off.
51. Rise from elbow rest to bent arm rest—return.
52. Swing—flank vault right. Same left.
53. Spread up over right bar to outside seat right—rear vault left. Opposite side.
54. Swing—rear vault right, quarter left turn. Opposite side.
55. Right hand on left bar—jump to cross rest facing out—swing—spread forward over right bar to floor. Opposite side.
56. Run—rear vault right. Same left.
57. Under bars—cross hang—raise knees forward up to bars—slide feet out to leaning hang.

58. Same as exercise 57—turn over to back leaning hang, toes catching bars.

59. Run—flank vault right. Same left.

60. Cross hang under bars—knees forward—turn over to floor.

61. Same as 60, and return.

62. Run—rear vault right, quarter left turn. Opposite side.

63. Right hand on left bar—jump to cross rest facing out—swing—spread forward over both bars to floor.

At side of bars.

64. Flank vault right over near bar. Same left.

65. Flank vault right over near bar—flank vault right over off bar. Same left over each bar.

66. Flank vault right over near bar—flank vault left over off bar. Opposite side.

67. Flank vault right over near bar—jump up to seat on near bar—down—flank vault right over off bar. Opposite side.

68. Flank vault right over near bar—jump up with half right circle of right leg to side seat on near bar—half left circle left leg to front rest—off backward. Opposite side.

69. Grasp, near bar reverse right, off bar common grasp left—front vault swing left to riding seat on both bars—front vault left. Opposite side.

70. Cross hang under bars—knees forward—turn over to above bars, with aid of heels, to riding seat—front vault right.

71. Cross hand under bars—knees forward—turn to back hang, head down—return.

72. Cross rest at end—two still dips.

PARALLEL BARS.

High Bars (about 5 feet).

Third Grade.

Exercises at centre of bars.

1. Jump to upper arm rest—down.
 2. Upper arm rest—raise knees forward—return.
 3. Upper arm rest—raise legs to half lever—return.
 4. Upper arm rest—swing—down at end of backward swing.
 5. Swing in upper arm rest—spread legs above bars forward—swing down.
 6. Same, spreading legs above bars backward.
 7. Swing in upper arm rest—swing feet up forward on bars to back leaning rest—off.
 8. Same, swinging up backward to front leaning rest.
- Exercises at end.

9. Jump to cross rest—swing—rear vault right with quarter left turn. Opposite side.
10. Cross rest—raise legs to half lever.
11. Cross rest—raise legs to half lever—spread legs—return.
12. Jump up to riding seat on right bar—place right hand in front—swing up backward—forward—to riding seat on right bar again—hands in front—repeat **across** bars. Opposite side.
13. Jump to outside seat on right bar—jump to outside seat left—rear vault right, half left turn. Opposite side.
14. Raise legs to half lever—spread to riding seat over bars—hands in front—raise legs backward and down be-

tween bars up to half lever—spread and repeat slowly across bars.

15. Travel forward, spreading to riding seat on right bar—hands in front—swing to riding seat on left bar—continue.

16. Jump to riding seat on right bar—rear vault right, quarter left turn. Opposite side.

17. Right hand on left bar—jump to cross rest at end facing out—travel backward, spreading to riding seat on right bar—hands behind—swing down and repeat. Opposite side.

18. Run—rear vault right. Same left.

19. Cross rest—lift right hand and touch chest. Same left. Alternate. Both at once.

20. Run—flank vault right. Same left.

21. Swing to outside seat on right bar—hands in front—swing back, down and up to outside seat right, and continue across bars. Opposite side.

22. Right hand on left bar—jump to cross rest facing out—swing—front vault right. Opposite side.

23. Right hand on left bar—jump to cross rest facing out—swing to riding seat on right bar—hands behind and repeat left—continue across bars.

24. Swing to outside seat on right bar—swing down and up to outside seat on left bar—continue across bars.

25. Run—rear vault right, quarter left turn. Opposite side.

26. Right hand on left bar—jump to cross rest facing out—swing to outside seat on right bar—hands behind and repeat, traveling across bars. Opposite side.

27. Right hand on left bar—jump to cross rest facing

out—swing—front vault right, quarter left turn. Opposite side.

28. Jump up and spread backward over right bar to floor. Same left. Alternate.

29. Vault out right to outside seat on right bar, hands behind—rear vault left. Opposite side.

30. Vault out right to outside seat on right bar—quarter left turn to front rest, hands on opposite bar—circle right leg in left circle over near bar to front rest—off backward. Opposite side.

31. Spread up over right bar to riding seat over both—roll backward to floor. Opposite side.

32. Vault out to outside seat right—quarter left turn to front rest—circle left leg in right circle over near bar—off backward. Opposite side.

33. Run—rear vault right. Same left.

34. Spread up over right bar and down between bars to floor. Same left. Alternate.

35. Run—flank vault right. Same left.

36. Vault out right to outside seat—quarter left turn to front rest—alternate circling right and left leg in full circle left and right over near bar—push off backward, with quarter turn. Opposite side.

37. Run—rear vault right, quarter left turn. Opposite side.

38. Spread up over both bars to riding seat, hands in front—push off backward.

39. Spread up over both bars to riding seat, hands behind—roll backward to floor.

40. Run—rear vault right, half left turn. Opposite side.

41. Vault out right to outside seat—quarter left turn to front rest—circle right leg in right circle over near bar—off backward. Opposite side.

42. Right hand on left bar—jump to cross rest facing out—swing—front vault right, quarter left turn. Opposite side.

43. Alternate jumping up and spreading backward over right and left bar to floor.

44. Jump up and spread backward over both bars to floor.

45. Right hand on left bar—jump to cross rest facing out—swing—front vault right, half left turn. Opposite side.

46. Vault out right to outside seat—turn to front rest—alternate circling right and left leg in right and left circle over near bar. Opposite side.

47. Knees forward—walk forward.

48. Cross rest—jump forward across bars.

49. Spread up over right bar to riding seat over left—rear vault right. Opposite side.

50. Right hand on left bar—jump to cross rest facing out—knees forward—walk backward.

51. Cross rest—jump backward across bars.

52. Vault out right with quarter left turn to front rest on outside of right bar—alternate circling right and left leg right and left circles over near bar. Opposite side.

53. Spread up over right bar to riding seat over left—rear vault right, quarter left turn. Opposite side.

54. Swing—walk forward, alternate stepping with right and left hand on each forward swing.

55. Right hand on left bar—jump to cross rest facing

out—alternate stepping backward right and left on each backward swing.

56. Swing—jump forward on each forward swing.

57. Right hand on left bar—jump to cross rest facing out—swing—jump backward on each backward swing.

58. Right leg to half lever—walk forward. Same left leg forward.

59. Spread up over right bar to outside seat left—rear vault right. Opposite side.

60. Swing—alternate stepping forward right and left on each backward swing.

61. Right hand on left bar—jump to cross rest facing out—swing—alternate stepping backward right and left on each forward swing.

62. Two still dips.

63. Face out—grasp bars and turn over to riding seat over both bars—spread forward to floor.

64. Jump to cross rest at end facing out—right leg forward—walk backward. Same left leg forward.

65. Spread up over right bar to outside seat left—rear vault right, quarter left turn. Opposite side.

66. Jump to riding seat on right bar—hands in front—jump to same position left—down. Opposite side.

67. Vault out to outside seat right—hands in front—front vault swing to same position left—down. Opposite side.

68. Spread up over right bar to riding seat on left—rear vault right, half left turn. Opposite side.

69. Walk forward, right hand reverse. Same left.

70. Jump forward to centre—swing—rear vault right, half left turn. Opposite side.

71. Spread up over right bar to outside seat left—rear vault right, half left turn. Opposite side.

72. Cross rest—change right hand and come to front rest on left bar—left hand backward to cross rest facing out—return. Opposite side.

73. Swing—step forward right on forward swing and backward on backward swing—repeat. Same left. Both at once.

74. Jump up to outside seat right—hands in front—front vault left. Opposite side.

75. Jump to cross rest at end facing out—jump backward with each backward swing.

PARALLEL BARS.

(Bars about 5 feet.)

Fourth Grade.

At end, facing in.

1. Vault out left to outside seat on left bar—rear vault right over both bars to floor. Opposite side.

2. Swing—jump forward on each backward swing.

3. Right hand on left bar—jump to cross rest at end facing out—jump backward on each forward swing.

4. Vault out left and up to riding seat over both bars—rear vault right, quarter left turn. Opposite side.

5. Jump up to outside seat on right bar—quarter right turn to back rest—fall backward and turn over to mat.

6. Walk forward, bent arm.

7. Vault out over left bar and down between bars to floor. Opposite side. Alternate.

8. Swing bent arm—alternate stepping forward right and left on forward swings.

9. Left hand on right bar—jump to cross rest facing out

—swing bent arm—alternate stepping backward right and left on backward swings.

10. Jump, spreading up over right bar with rear vault left to floor. Opposite side.

11. Swing—jump forward on each forward swing and backward on each backward swing.

12. Swing—jump forward on both forward and backward swings.

13. Right hand on left bar—jump to cross rest facing out—swing—jump backward on each forward and backward swing.

14. Three still dips.

15. Jump, spreading up over right bar with rear vault left, quarter right turn. Opposite side.

16. Bent arm swing—alternate stepping forward right and left on each backward swing.

17. Run—jump to still cross rest at centre of bars—down backward to floor between bars.

18. Run—jump to cross rest at centre and rear vault right. Same left.

19. Spread up over right bar to rear vault over left, half left turn. Opposite side.

20. Bent arm swing—jump forward on forward swings.

21. Right hand on left bar—jump to cross rest facing out—bent arm swing—jump backward on backward swings.

22. Run—jump to cross rest at centre—flank vault right. Same left.

23. Swing—dip several times on forward swings.

24. Dip on backward swings.

25. Jump to cross rest at centre—swing forward and backward with front vault right. Opposite side.

26. Jump to cross rest at centre and forward scissors right—front vault right. Opposite side.

27. Jump to cross rest at centre and rear vault right, quarter left turn. Opposite side.

28. Jump to cross rest at centre—swing forward and backward with backward scissors right—rear vault right. Opposite side.

29. Jump to cross rest at centre—swing forward and backward with front vault right, quarter left turn.

30. At end—bent arm hang—turn over to back hang—feet to floor—upstart to riding seat over both bars—rear vault right.

31. At end—bent arm hang—turn over to back hang—feet to floor—upstart to riding seat over both bars—roll backward to floor.

32. Jump to cross rest at centre—rear vault right, half left turn. Opposite side.

33. Jump to cross rest at centre—swing forward to riding seat over both bars—quarter left turn to side riding seat—right leg half left circle and off with quarter right turn. Opposite side.

34. Swinging forward dip with rear vault right. Same left.

35. Jump to cross rest at centre—swing forward to riding seat over both bars—quarter left turn to side riding seat—left leg half left circle to front rest—off backward. Opposite side.

36. Same as 35 to front rest—then flank vault right over both bars. Opposite side.

37. Jump to cross rest at centre—swing forward to riding seat over both bars—quarter left turn to side riding seat—right leg half left circle with half left turn to front rest on left bar—lower, raising knees forward and between hands to back hang—off. Opposite side.

38. Jump to cross rest at centre and rear vault right, half right turn. Opposite side.

39. Jump up—spread right leg backward over left bar to floor. Opposite side. Alternate.

40. Jump up and circle both legs backward outside right bar to floor. Opposite side. Alternate.

41. Jump up between bars with quarter left turn to front rest on outside of right bar—flank vault right over bars. Opposite side.

42. Raise legs to half lever—quarter right turn to same position, both hands on right bar—off forward. Opposite side.

43. Jump to cross rest at centre—circle right leg forward over right bar—swing backward to front vault right. Opposite side. Alternate the circles and off with front vault.

44. Jump to cross rest at centre—circle right leg backward over right bar—swing forward to rear vault right. Opposite side. Alternate the circles and off with rear vault.

45. Jump to cross rest at centre—circle right leg backward over left bar, vaulting out left to floor. Opposite side.

46. Jump up between bars with quarter left turn to front rest on outside of right bar—rear vault right over bars. Opposite side.

47. Swing and jump forward with forward dip on each forward swing.

48. Swing and backward dip with each jump forward.

49. Jump to cross rest at centre—swing forward to riding seat over both bars—hands in front—scissors backward right—hands in front—front vault right. Opposite side.

50. Cross rest at centre—swing forward and backward to riding seat—hands behind—forward scissors right—hands behind—rear vault right. Opposite side.

51. Cross rest at centre—swing forward to outside seat on right bar—return swinging backward to front vault left, quarter turn. Opposite side.

52. Cross rest at centre—swing forward and backward to outside seat behind right hand—return and swing forward to rear vault right, three-quarter left turn. Opposite side.

53. Cross rest at centre—swing forward to outside seat on right bar—swing backward to outside seat behind left hand—front vault right, half right turn. Opposite side.

54. Cross rest at centre—swing forward and backward to outside seat behind right hand—swing forward to outside seat on left bar—rear vault right, three-quarter left turn. Opposite side.

55. Swing with trunk and legs straight and in one line.

56. Cross rest at centre—swing forward and backward to front rest on bars—bend and straighten arms several times—front vault right—half left turn.

57. Cross rest at centre—swing forward to back leaning rest—swing down to front rest—repeat.

58. Cross rest at centre—swing forward and backward

to front rest—alternate, raising right and left arm. Same from back rest.

59. From front rest, alternate raising right and left leg. Same from back rest.

60. At end facing out—turn over end of bars to riding seat over both bars—spread off forward.

61. Cross rest at centre—swing forward and backward to front rest—alternate raising right and left arm and right and left leg. Same from back rest.

62. Cross rest at end—roll forward to riding seat—rear vault right.

63. Right hand on left bar—jump to cross rest facing out—swing to squat right foot on right bar—swing forward and backward and same left—swing forward off.

64. Right hand on left bar—jump to cross rest facing out—swing to squat right foot on left bar, left leg outside—off left. Opposite side.

65. Two rolls forward from riding seat.

66. Right hand on left bar—jump to cross rest facing out—swing to squat right foot on right bar—jump over to squat left foot on left bar—off.

67. Right hand on left bar—jump to cross rest facing out—swing to squat right foot on left bar, left outside—jump to opposite position—off right. Opposite side.

68. Three rolls forward from riding seat.

69. Jump to cross rest at centre—roll backward to riding seat—front vault right.

At side of bars.

70. Flank vault right over near bar. Same left.

71. Flank vault right over near bar—flank vault right over off bar. Opposite side.

72. Cross rest at end facing out—hand spring.

73. At side of bars—flank vault right over near bar—flank vault left over off bar. Opposite side.

74. Cross rest at end—three rolls forward and hand-spring over end.

PARALLEL BARS.

Fifth Grade.

It is comparatively an easy matter for the instructor to supply himself with material for advanced gymnastic work, so the advice for the development of the fifth or advanced grade will be limited to a few suggestions.

Such exercises as jumping forward from forward swinging dip—jumping backward from forward swinging dip—jumping forward from backward swinging dip—jumping backward from backward swinging dip may be combined with the various front, rear and flank vaults. These dips may also be done with straightening of the arms after each jump, also as the arms are straightened, moving knees forward or legs to half lever in rest.

Spreading over bars at the end may be combined as spreading up over right bar, return spreading backward over left and reverse.

From cross stand at end the “pull up” to cross rest, or the spread up over both bars to cross rest, may be followed by rolls, drop upstarts, shoulder stands, etc.

All the upstarts and drop upstarts at end and centre would come in this grade.

Rolls forward and backward may be combined with shoulder stands, upstarts from drop back, etc.

CHAPTER V.

HORIZONTAL BAR.

First Grade.

1. Jump to side hang—down.
2. Hang—raise right knee forward. Same left. Alternate.
3. Reverse grasp hang—down.
4. Hang—raise both knees forward.
5. Reverse grasp—pull up to chin.
6. Jump to hang, right hand reverse, left common grasp—down. Opposite side. Alternate.
7. Hang—pull up to chin.
8. Hang—raise right leg forward. Same left.
9. Hang—step sideways with right hand—return—same left.
10. Pull up to chin—repeat exercise 9.
11. Jump to hang, twisted grasp left. Opposite side.
12. Hang—jump hands apart—return.
13. Right reverse—pull up to chin. Same left reverse.
14. Hang—release right hand and lower to side—regrasp bar—down. Same left. Alternate.
15. Jump to hang with forward straddle right—return. Opposite side.
16. In cross position—jump to cross hang, right hand forward with forward straddle right. Opposite side.
17. Jump up with quarter right turn to cross hang, right hand forward. Same left hand forward.

18. Jump up with quarter left turn to cross hang, left hand forward. Same right hand forward.
19. Alternate changing right and left hand to reverse grasp and return.
20. Release left hand and place on hip—return. Opposite side.
21. Cross hang, right hand forward—jump to left hand forward—return.
22. Hang—two steps sideways right and return. Same left.
23. Cross hang, right hand forward—chin, head to right of bar. Opposite side.
24. Hang—raise knees forward—toes to bar.
25. Release right hand and grasp left wrist—return. Opposite side.
26. Jump to cross hang, right hand forward with side straddle. Same, left hand forward.
27. Knees forward—release right hand and lower to side—return. Same left.
28. Chin—jump hands apart—return.
29. Reverse grasp—release left hand and with half left turn regasp bar. Opposite side.
30. Right knee forward—release right hand and lower to side—return. Opposite side.
31. Hang—step sideways right—then left—again right—left—down.
32. Two steps sideways right—then left—jump hands back.
33. Raise knees forward—straighten right leg forward—return. Same left.
34. Cross hang, right hand forward—right knee for-

ward—release right hand and lower to side—return. Opposite side.

35. Jump hands apart—return.

36. Reverse grasp hang—chin twice.

37. Raise right leg forward—right down and left up at same time—return.

38. Walk right to left on bar. Opposite direction.

39. Walk right to left on bar and return.

40. Cross hang, right hand forward—chin, head to left of bar. Opposite side.

41. Raise legs to half lever.

42. Hang, reverse grasp right, twisted left. Opposite side. Alternate.

43. Hang in twisted grasp.

44. Chin twice.

45. Reverse grasp—chin—raise right knee forward. Same left. Alternate.

46. Twisted grasp left—release left hand and place on hip—return. Opposite side.

47. Reverse grasp—chin—raise knees forward.

48. Release right hand and hold at side horizontal—return. Same left.

49. Jump to cross arm hang, right over left—down. Opposite side.

50. Jump to cross arm hang, right over left—off with half turn. Opposite side. Alternate.

51. Release right hand and hold at front horizontal—return. Same left.

52. Chin—raise right knee forward. Same left. Alternate.

53. Raise knees forward—straighten right leg forward,

placing left foot on right knee. Opposite side. Alternate.

54. Chin—raise knees forward.

55. Reverse grasp—change right hand to twisted grasp—return. Same left. Alternate.

56. Reverse grasp—chin three times.

57. Left hand reverse—walk right to left on bar. Opposite side.

58. Cross arm hang, right over left—half turn—chin. Opposite side.

59. Reverse grasp—chin—raise right leg forward. Same left. Alternate.

60. Place left foot on right knee—raise right leg to half lever. Opposite side.

61. Right hand reverse—walk right to left on bar. Opposite side.

62. Right reverse—release left hand and grasp right wrist—chin. Opposite side.

63. Reverse grasp—chin—raise legs to half lever.

64. Raise knees forward—release right hand and lower to side—return. Opposite side. Alternate.

65. Knees forward—release right hand and place on hip—return. Same left.

66. Chin three times.

67. Reverse grasp—walk right to left on bar. Opposite direction.

68. Place left foot on right knee—raise right leg upward as far as possible. Opposite side.

69. Chin—alternate raising right and left leg forward.

70. Chin—raise both legs to half lever.

71. Knees forward—release left hand and grasp right wrist—return. Opposite side. Alternate.

HORIZONTAL BAR.

Second Grade.

1. Side hang—raise legs to half lever—return.
2. Hang—raise legs to half lever—place left foot on right knee—return. Opposite side.
3. Reverse grasp—chin—raise knees forward—straighten right leg forward—return. Same left. Alternate.
4. Raise knees forward—toes upward to bar—return.
5. Hang, left hand reverse—knees forward—release right hand and grasp left wrist—chin. Opposite side.
6. Walk from right to left on bar, left hand twisted grasp. Opposite side.
7. Reverse grasp hang—chin four times.
8. Reverse grasp hang—chin—raise knees forward—straighten legs forward.
9. Twisted grasp hang—raise knees forward.
10. Knees forward—walk right to left on bar. Opposite direction.
11. Raise legs to half lever—spread—return.
12. Reverse grasp—chin—step sideways right—return and same left.
13. Reverse grasp—chin—jump hands apart—return.
14. Raise knees forward—place feet under bar—return.
15. Hang—chin four times.
16. Chin—raise knees forward—straighten right leg forward—return. Same left. Alternate.

17. Cross arm hang, right over left—off with half right turn. Opposite side.
18. Cross arm hang, right over left—half turn—chin. Opposite side.
19. Right hand twisted grasp—walk right to left on bar. Opposite side.
20. Raise knees forward—straighten legs forward—return.
21. Jump to hang, left hand reverse, raising left heel backward. Opposite side.
22. Left twisted—knees forward—walk right to left on bar. Opposite side.
23. Chin—knees forward—straighten legs forward—return.
24. Raise legs to half lever—spread twice.
25. Knees forward—feet between hands to back hang—drop.
26. Hang—alternate raising right and left hand above bar.
27. Hang—clasp hands—catch—drop.
28. Right hand twisted—knees forward—walk right to left on bar. Opposite side.
29. Reverse grasp—chin—raise legs to half lever.
30. Cross hang, right hand forward, twisted grasp. Same left forward.
31. Jump to common grasp—down—to reverse grasp—down.
32. Jump to twisted grasp—down—to right reverse—down—left reverse—down.
33. Reverse grasp—chin five times.
34. Chin—raise legs to half lever.

35. Jump to cross hang, common grasp—down—to right twisted—down—left twisted—down—both twisted—down.

36. Cross arm hang, right over left—off with full turn. Opposite side. Alternate.

37. Knees forward—feet between hands to back hang—return.

38. Bent arm hang—walk right to left on bar. Opposite side.

39. Reverse grasp—chin—raise legs to half lever—spread—return.

40. Bent arm hang—walk right to left, taking two steps at a time with each hand. Opposite direction.

41. Jump to left reverse raising left knee forward. Opposite side.

42. Jump to cross hang, right twisted, raising right heel backward. Opposite side.

43. Bent arm hang, left reverse—walk right to left. Opposite side.

44. Chin five times.

45. Knees forward—feet between hands to back hang, head down—return.

46. Bent arm hang—knees forward—walk right to left on bar. Opposite side.

47. Reverse grasp—chin—legs to half lever—spread—return.

48. Jump to cross hang, left twisted, raising left knee forward. Opposite side.

49. Walk forward in cross hang.

50. Hang—twist hips right and left.

51. Side hang—quarter left turn, releasing right hand, to cross hang—chin. Opposite side.

52. Side hang—half left turn, releasing right hand—chin. Opposite side.

53. Bent arm hang, right reverse—walk right to left on bar. Opposite side.

54. Chin—jump to elbow hang—down.

55. Chin—legs to half lever—spread—return.

56. Chin—to right upper arm hang—return. Same left.

57. Chin—jump to both upper arm hang—return.

58. Left twisted—swing sideways, walking right to left on bar. Opposite side.

59. Raise knees forward and toes to bar.

60. Knees forward—toes to bar—straighten right leg upward—return. Same left. Both at once.

61. Knees forward—toes to bar—bend and straighten arms.

62. Right twisted—bend arms as far as possible—walk right to left. Opposite side.

63. Knees forward—toes to bar—straighten legs—bend and straighten arms—return.

64. Cross hang—swing feet up to leaning hang, right over left. Same, left over right.

65. Bent arm, left reverse—knees forward—walk right to left. Opposite side.

66. Cross hang—knees forward—feet between hands to back leaning hang, right over left. Same, left over right.

67. Cross hang—swing up to cross leaning hang on right knee, both hands. Same left. Alternate, jumping from right to left.

68. Bent arms, right reverse—knees forward—walk right to left. Opposite side.

69. Cross hang—swing up to cross leaning hang, right elbow and right knee. Opposite side.

70. Cross hang—swing up to cross leaning hang on right elbow and left knee. Opposite side.

71. Raise legs to half lever—place left foot on right knee—return. Opposite side.

72. Knees forward—raise left leg to knee hang outside of hands left. Same right.

73. Reverse grasp—knees forward—chin.

74. Partial bent arm hang, left twisted—knees forward—walk right to left. Opposite side.

75. Knee hang, left knee between hands. Same right.

76. Cross leaning hang, right knee, right hand—jump to left knee, left hand. Opposite side.

77. Partial bent arm hang, right twisted—knees forward—walk right to left on bar. Opposite side.

78. Right reverse, left common—half left turn to hang—continue across bar. Opposite side.

79. Knees forward—feet between hands to back hang—return.

HORIZONTAL BAR.

Third Grade.

1. Hang, reverse grasp—raise knees forward—legs to half lever—return.

2. Swing forward and backward, three times, and off at end of backward swing.

3. Hang—raise knees forward—toes to bar—pass right

leg between hands to legs straight, spreading bar. Same left.

4. Swing and off backward with quarter right turn. Same left.

5. Hang—raise knees forward—toes to bar—place feet on bar—return.

6. Hang—swing body sideways.

7. Hang—knees forward—toes to bar—straighten legs—return.

8. Swing and off backward with half right turn. Same left.

9. Hang—knees forward—release right hand and lower to side—regrasp. Same left. Alternate.

10. Swing—raise right hand above bar on backward swing—recatch—swing forward—backward—off. Same left. Alternate.

11. Hang—knees forward—feet between hands on bar—swing.

12. Knees forward—raise right leg to knee hang outside of hands right—return. Same left.

13. Reverse grasp—swing—on backward swing change right hand to common grasp—swing forward—backward—off. Opposite side.

14. Knees forward—raise right leg to knee hang between hands—return. Same left.

15. Reverse grasp—swing—on backward swing change right hand to common grasp—on next backward swing change left—off.

16. Raise legs to half lever twice.

17. Knees forward—release right hand and place on right hip—return. Same left. Alternate.

18. Knees forward—toes to bar—feet through to back hang, head down—return.

19. Hang, right hand reverse—swing. Same, left hand reverse.

20. Cross hang—knees forward—walk forward across bar.

21. Cross hang—knees forward—walk backward.

22. Hang, right hand reverse—swing—off backward with quarter right turn. Opposite side.

23. Knees forward—release right hand and hold at front horizontal—return. Opposite side. Alternate.

24. Reverse grasp—swing—on forward swing raise right hand above bar—regrasp—off on backward swing. Same left.

25. Legs to half lever—hold three seconds.

26. Knees forward—release right hand and hold at side horizontal—return. Same left.

27. Reverse grasp—swing—on forward swings alternate raising right and left hand above bar.

28. Reverse grasp—swing—off forward with quarter right turn. Same left.

29. Legs to half lever—hold five seconds.

30. Left hand reverse—knees forward—release right hand and grasp left wrist—chin—return. Opposite side.

31. Reverse grasp—swing—off on backward swing with quarter right turn. Same left.

32. Reverse grasp—swing—off forward with half right turn. Same left.

33. Right hand in twisted grasp—swing. Same left.

34. Legs to half lever—release right hand and lower to side—return. Same left.

35. Right hand twisted—swing—off backward with quarter right turn. Opposite side.

36. Legs to half lever—release right hand and hold at front horizontal—return. Same left.

37. Twisted grasp—swing.

38. Twisted grasp—swing—off backward with quarter right turn. Same left.

39. Legs to half lever—release right hand and hold at side horizontal—return. Same left.

40. Reverse grasp—knees forward—chin three times.

41. On backward swing jump both hands above bar—recatch—swing forward—backward—off.

42. Twisted grasp—swing—off backward with half right turn. Same left.

43. Knees forward—both legs to knee hang outside of hands right. Opposite side.

44. Reverse grasp—on backward swing release right hand and regasp—swing forward—backward—off. Same left.

45. Twisted grasp—swing—off forward with quarter right turn. Same left.

46. Left hand reverse—walk right to left on bar passing right over left. Opposite side.

47. On backward swings alternate stepping sideways left with right and left hand. Opposite side.

48. Knees forward—walk right to left on bar passing right hand under left. Opposite side.

49. Left foot on right knee—swing. Opposite side.

50. Bent arm hang—walk sideways right to left passing right hand over left. Opposite side.

51. Right foot on left knee—swing and off backward

with quarter left turn. Opposite side.

52. Knee hang, left knee outside left hand—swing. Opposite side.

53. Right foot on left knee—swing and off forward with quarter left turn. Opposite side.

54. Back hang—swing.

55. Back hang—release left hand and with half turn, regrasp bar. Opposite side. Alternate.

56. Right foot on left knee—swing and off backward with quarter right turn. Opposite side.

57. Twisted grasp—swing and off forward with half right turn. Same left.

58. Right foot on left knee—swing and off forward with quarter right turn. Opposite side.

59. Reverse grasp—swing—raise both hands above bar on forward swing—regrasp—swing backward—off.

60. Right foot on left knee—swing and off forward, with half left turn. Opposite side.

61. Raise knees forward to double knee hang outside hands left—change hands to opposite side of legs—down. Opposite side.

62. Right foot on left knee—swing and off backward with half left turn. Opposite side.

63. On forward swing release right hand and with half left turn regrasp bar—swing forward—backward and off. Opposite side.

64. Right foot on left knee—swing and off forward with half right turn. Opposite side.

65. Knee hang, left leg outside—swing up to side riding seat—left leg to front rest—short underswing to mat. Opposite side.

66. Raise legs to half lever—toes to bar.
67. Reverse grasp—at end of backward swing jump both hands to ordinary grasp—off.
68. Knee hang, left leg between hands—swing up to side riding seat—fall back, leg between hands with short underswing to mat. Opposite side.
69. Jump sideways right on each backward swing. Same left.
70. Knees forward—legs to half lever—spread twice—return.
71. On forward swing raise toes to bar—swing backward and off.
72. Hold legs in half lever ten seconds.
73. Knees forward—raise left leg to knee hang outside hands left—circle up to side seat—one knee circle backward—off. Opposite side.
74. Pull up to bent arm rest right. Same left.

HORIZONTAL BAR.

Fourth Grade.

1. Swing—jump sideways right on each backward swing. Same left.
2. Raise right leg upward to bar. Same left.
3. Reverse grasp—swing—travel sideward right on each forward swing. Same left.
4. Raise legs to half lever—toes upward to bar—return.
5. Reverse grasp swing—at end of each backward swing raise toes to bar and underswing forward.
6. Reverse grasp—knees forward—feet between hands to back hang—swing—off on third forward swing.

7. Knees forward—raise left leg to knee hang at right of hands—down. Opposite side.

8. Right hand reverse—on forward swing raises toes to bar. Same, left hand reverse.

9. Cross hang, bent arm—head to right of bar—walk backward across bar. Same, head to left of bar.

10. Bent arm hang—jump sideways right. Same left.

11. Hang—circle backward over bar, bending arms and legs.

12. Knee hang, left between hands—swing up to seat left leg to front rest—short underswing to mat. Opposite side.

13. On forward swing raise right heel up behind bar to right of hands—swing backward, forward and off. Opposite side.

14. Jump up with three-quarter right turn to cross hang, right hand forward. Opposite side.

15. On forward swing raise right heel behind bar between hands—swing backward, forward—off. Opposite side.

16. Jump up with three-quarter right turn to cross hang, left hand forward. Opposite side.

17. Circle backward around bar to rest above bar—one backward circle and short underswing to mat.

18. On forward swing raise right heel up behind bar to left of hands. Opposite side.

19. On forward swing raise right leg to knee hang to right of hands—swing backward, forward—off. Opposite side.

20. On forward swing raise right leg to knee hang between hands. Same left.

21. Legs to half lever—spread—return—raise toes to bar.

22. Left hand reverse—raise right leg to outside knee hang—swing up to seat—leg to front rest—short under-swing to mat. Opposite side.

23. Right hand twisted grasp—legs to half lever—release left hand and with full turn, regrasp. Opposite side.

24. Right leg to knee hang outside right—swing up to seat—reverse grasp—forward knee circle—off forward. Opposite side.

25. Twisted grasp—knees forward—legs to half lever—spread—return.

26. On forward swing raise right leg up to knee hang outside hands left—off. Opposite side.

27. Raise legs to half lever—toes to bar—circle backward over bar.

28. Pull up to bent arm rest right—release left hand. Opposite side.

29. Swing toes to bar on forward swing—hold while swinging backward, forward—off.

30. Knees forward—feet between hands to back hang—release left hand—full right turn—regrasp. Opposite side.

31. Knees forward—right leg to knee hang outside hands right—swing to seat—one knee circle backward—short underswing to mat with quarter right turn. Opposite side.

32. Run—circle backward over bar to rest—one backward circle around bar—short underswing to mat.

33. Knees forward—right leg to knee hang between hands—swing up to seat—one knee circle backward—cir-

cle left leg forward to back rest—off forward. Opposite side.

34. Pull up to bent arm rest right—push up to rest above bar. Opposite side.

35. Right leg up to knee hang outside hands right—swing to seat—two knee circles backward—short underswing to mat. Opposite side.

36. Pull up to rest above bar, right leading—underswing forward—off backward with half right turn. Opposite side.

37. Right leg to knee hang between hands—swing to seat—two knee circles backward—short underswing to mat. Opposite side.

38. Pull to rest above bar, right leading—underswing forward—off backward with three-quarter right turn. Opposite side.

39. On forward swing raise right leg up to knee hang outside hands right and half forward knee circle to seat—short underswing to mat. Opposite side.

40. Run—circle bar to rest above bar—roll forward slowly to hang, legs to half lever—bend knees—feet between hands to back hang, head down—pull over bar—off.

41. Circle backward over bar to front rest—free backward circle around bar—short underswing to mat.

42. Right hand reverse—on forward swing raise right leg to knee hang outside right and half forward knee circle to seat—two forward knee circles—off. Opposite side.

43. Right hand reverse—swing—step sideways right on both forward and backward swings. Opposite side.

44. On forward swing raise right leg and half forward

knee circle outside right to seat—right leg to front rest—front vault right over bar. Opposite side.

45. Right hand reverse—swing—jump sideways right on both forward and backward swings. Opposite side.

46. On forward swing half knee circle right outside to seat—one knee circle backward right—leg to front rest—rear vault left over bar. Opposite side.

47. On backward swing, chin and hold while swinging.

48. On forward swing, half right turn, releasing both hands and recatching. Same left.

49. Right hand reverse—raise right leg to knee hang outside right—swing up to seat—short underswing to mat with half right turn. Opposite side.

50. Pull up to rest above bar, right leading—underswing—on forward swing, raise right leg to half right knee circle forward to seat—short underswing to mat. Opposite side.

51. Reverse grasp—raise right leg to knee hang outside right—swing up to seat—two forward knee circles—off. Opposite side.

52. Circle backward around bar to front rest—lower slowly to hang, legs to half lever—bend knees—feet between hands to back hang, head down—pull over bar—reverse grasp right—lower slowly to bent arm hang right—lower to hang legs at half lever—off.

53. On forward swing, half left turn, releasing right hand and regrasping—return at end of backward swing. Opposite side.

54. Raise right leg to knee hang outside right—half knee circle backward to seat—squat right leg backward and short underswing to mat. Opposite side.

55. Pull up to rest above bar, right leading—lower to bent arm rest right, releasing left—return to front rest—roll forward to hang, legs to half lever—off. Opposite side.

56. Knees forward—raise right leg to knee hang between hands—half knee circle backward to seat—squat left leg to back rest and fall backward with short underswing between hands to mat. Opposite side.

57. Knee hang, right leg between hands—half circle backward to seat—circle left leg forward to back rest—reverse grasp—lower to bent arm rest right—lower to hang, legs to half lever—return to bent arm rest right—regrasp left—common grasp—push up to back rest—fall backward with short underswing between hands to mat. Opposite side.

58. On forward swing raise right leg and half knee circle forward between hands to seat—squat left forward and to mat. Opposite side.

59. Left reverse—pull up to bent arm rest right—push up—return. Opposite side.

60. On forward swing half right knee circle outside hands right up to seat—two knee circles backward—underswing—on forward swing half left knee circle forward to seat—off. Opposite side.

61. Reverse grasp—legs to half lever—chin—circle backward around bar—lower to hang, legs to half lever—down.

62. On forward swing raise heels up between hands behind bar—swing forward and off.

63. On forward swing raise right leg up to knee hang between hands and half knee circle to seat—two circles

backward—underswing—on forward swing half knee circle left between hands to seat—short underswing to mat. Opposite side.

64. Legs to half lever—chin—bent arm rest right—push up to rest—return. Opposite side.

65. On forward swing raise legs up between hands to double knee hang—swing forward and off.

66. Reverse grasp—on forward swing half knee circle right outside hands right to seat—three forward knee circles. Opposite side.

67. On forward swing raise legs up to double knee hang, right outside, left between hands. Opposite side.

68. Reverse grasp—on forward swing half right knee circle between hands to seat—two forward knee circles. Opposite side.

69. Knees forward—feet between hands to double knee hang—release hands and swing in double hock.

70. Same as 69 and drop off on forward swing.

71. Upstart.

HORIZONTAL BAR.

Fifth Grade.

Exercises of extreme difficulty on the Horizontal Bar, such as forward and backward giant swings, handstand, double hock circle and somersaults, are very plentiful, but the following few exercises are examples of what may immediately follow the Fourth Grade :

Upstart with rolls forward and backward.

Three-quarter and full turn dismounts at ends of forward or backward swings.

Uprise.

Slow pull-up to rest above bar.

Uprise with backward roll.

Uprise with underswing forward and backward and repeat uprise.

At end of backward swing raise right leg to knee hang outside hands right—half knee circle backward to side riding seat on bar.

Same and continue backward circle.

Same between hands.

Both at once outside or between hands.

Back hang, head down—pull over bar—reverse grasp—forward circle, bar at small of back.

Double knee circles forward and backward, hands outside or between legs, or one between and one outside, legs, etc.

CHAPTER VI.

SIDE HORSE.

First Grade.

1. Jump to front rest at saddle—down.
2. Front rest—raise right leg backward—return. Same left. Alternate.
3. Front rest—raise right knee on horse—return. Same left. Alternate.
4. Jump to kneel in saddle—down.
5. Front rest—to kneel in saddle—return.
6. Front rest—raise right knee in saddle—then left—return. Opposite side.
7. Jump with quarter left turn to cross seat in saddle—down (left leg straight, right leg flexed). Opposite side.
8. At neck—front rest—alternate raising right and left leg backward. Same at croup.
9. At neck—front rest—alternate raising right and left knee on horse. Same at croup.
10. At neck—jump to kneel on horse—down. Same on croup.
11. At neck—front rest—to kneel on horse. Same on croup.
12. At neck—jump with quarter left turn to cross seat. Same turning right.
13. At croup—jump with quarter right turn to cross seat. Same turning left.

14. Squat right foot in saddle—down. Same left. Alternate.
15. Squat both feet in saddle—down.
16. Front rest—squat right foot in saddle—return. Same left. Alternate.
17. Front rest—squat both feet in saddle—return.
18. Squat on horse—jump over to mat.
19. Right hand on left pommel—jump to back rest—half right turn to front rest on neck—off backward. Opposite side.
20. Squat right foot on neck—down. Same left on croup.
21. Squat both feet on neck—down. Same on croup.
22. Front rest—partial feint right. Same left. Alternate.
23. Front rest on neck—half right circle left leg—return. Same with right leg on croup.
24. Front rest in saddle—half right circle left leg—return. Same right. Alternate.
25. Front rest on neck—squat right foot on horse—return. Same left on croup.
26. Front rest on neck—squat both feet on horse—return. Same on croup.
27. Front rest on neck—partial feint left. Same right. Alternate.
28. Front rest on croup—partial feint right. Same left. Alternate.
29. Squat in saddle—over to mat. Same on neck and croup.
30. Squat in saddle—over with quarter right turn. Same left.

31. Right hand on left pommel—jump to back rest—half right turn to front rest on neck—half right circle left leg and return. Opposite side.

32. Front rest on neck—half left circle right leg and return. Opposite side.

33. Right hand on left pommel—jump to back rest—half right turn to front rest on neck—half left circle right leg and return. Opposite side.

34. Squat on neck—over with quarter right turn. Same left.

35. Squat on croup—over with quarter right turn. Same left.

36. Squat to right knee in saddle, left leg back to horizontal. Opposite side. Alternate.

37. Jump to wolf position, right knee in saddle (left extended sideways). Opposite side. Alternate.

38. Squat to right foot in saddle—over. Same left.

39. Wolf position, right foot in saddle (left extended sideways). Opposite side. Alternate.

40. Squat to right foot on neck—over. Same left.

41. Front rest—half left circle right leg—half right circle left leg to back rest—off forward. Opposite side.

42. Repeat exercise 40 on neck and the opposite side on croup.

43. Squat to right foot on croup—over. Same left.

44. To wolf position, right knee on neck (left extended sideways). Wolf position, left knee on croup.

45. Front rest on neck—half right circle left leg—half left circle right leg—off forward. Opposite side on croup.

46. Squat right leg forward to side riding seat—half

right circle left leg and off with quarter right turn. Opposite side.

47. Jump to wolf position, right foot on neck. Wolf position, left foot on croup.

48. Squat right leg to side riding seat—squat right leg backward to floor. Same left. Alternate.

49. Flank vault right and left.

SIDE HORSE.

Second Grade.

1. Jump to wolf position, left knee on neck (right extended sideways). Wolf position, right knee on croup.

2. Front rest—half left circle right leg—half right circle left leg and off with quarter right turn. Opposite side.

3. Front rest—squat right leg to side riding seat—squat right leg backward to front rest—off. Same left. Alternate.

4. Jump to wolf position, left foot on neck. Wolf position, right foot on croup.

5. Front rest—half left circle right leg—squat right leg backward to floor—flank vault right. Opposite side.

6. Squat on horse, right foot on croup, left in saddle. Opposite side.

7. Front rest—half left circle right leg—squat right leg backward to front rest—repeat exercise left.

8. Jump to spread on horse—over.

9. Front rest—half left circle right leg—squat left leg to back rest—squat both legs backward to front rest—repeat left.

10. Jump to squat, right foot and left knee on horse—down—flank vault right. Opposite side.

11. Jump to kneel on right knee, left leg extended backward—squat left leg to side riding seat—half left circle right leg and off with quarter left turn. Opposite side.

12. Squat on horse—to back rest—off forward.

13. Squat to back rest—off forward.

14. Front rest—half left circle right leg—half right circle left leg with half right turn to front rest on croup. Opposite side.

15. Rear vault right and left.

16. Jump to kneel on right knee, left leg extended backward—squat right leg to side riding seat—half right circle left leg and off with quarter right turn. Opposite side.

17. Squat over horse to mat, holding on with hands.

18. Front rest—half left circle right leg—return—half right circle left leg—half left circle right leg and off with quarter left turn. Opposite side.

19. Squat over horse to mat, pushing off. Same with quarter right turn before landing. Same left.

20. Squat to back rest—half right circle right leg—half left circle right leg and off with quarter right turn. Opposite side.

21. Rear vault right and left.

22. Squat to back rest—half right circle right leg—quick half right turn—half right circle right leg—off backward. Opposite side.

23. Squat over horse, spread legs and return before landing.

24. Squat over horse for distance.

25. At neck—rear vault swing left to riding seat on neck—off forward. Opposite side on croup.

26. Front rest—squat to back rest—off forward.

27. Squat to back rest—squat backward to board.
28. Squat to back rest—raise right leg forward—return. Same left. Both at once.
29. Front rest—squat to back rest—squat to front rest—off backward.
30. Squat forward to floor, holding pommels—squat backward to floor.
31. Squat right leg to side riding seat—half right circle right leg—squat over to mat. Opposite side.
32. Front rest—to kneel—to back rest—off forward with quarter right turn.
33. Front rest—squat to back rest—half left turn to front rest on neck. Opposite side.
34. Squat to back rest with right leg at half lever. Same left.
35. Squat to back free rest, legs at half lever.
36. Squat over to mat extending legs well forward.
37. Squat right leg to side riding seat—squat right backward and left forward to side riding seat—squat right leg to back rest—off. Opposite side.
38. Front vault swing to riding seat on neck—off backward. Opposite side on croup.
39. Squat legs over horse to half lever—off with half right turn. Same turning left off.
40. Front vault swing left to riding seat in saddle—spread forward to croup and over end to floor. Opposite side.
41. Squat to astride right arm—off forward with quarter left turn. Opposite side.
42. Front vault swing left to riding seat in saddle—

spread backward over pommel to neck—off backward to floor. Opposite side.

43. Squat to back rest—squat right leg backward to side riding seat—half right turn—squat right leg backward to floor. Opposite side.

44. At croup—rear vault swing left to riding seat on croup—spread forward over pommel to saddle—over pommel to neck—off forward to floor. Opposite side.

45. Squat to back rest—squat right leg backward to side riding seat—squat left leg backward and right forward at same time—squat left forward and off. Opposite side.

46. At croup—front vault swing left to riding seat on croup—spread backward over pommel to saddle—backward over pommel to neck—backward to floor. Opposite side.

47. At neck—Squat with quarter left turn to stand on neck—off sideways right. Opposite side on croup.

48. Squat with quarter left turn to stand on right foot on neck—off sideways right. Opposite side on croup.

49. Squat with quarter right turn to stand on right foot on neck—off sideways left. Opposite side on croup.

50. Squat to back rest—squat backward to stand on horse—off forward.

51. Squat right leg to side riding seat—squat left to back rest—return. Opposite side.

52. Wolf vault right and left.

53. At neck—flank vault left to back rest. Opposite side on croup.

54. Flank vault right to back rest in saddle. Same left.

55. Wolf vault right to back rest in saddle. Same left.

56. Run—squat left leg to side riding seat—half left

circle right leg—half left circle left leg—half right circle right leg—half right circle left leg—half left circle right leg. Opposite side.

57. Squat to stand on pommels—off forward.

SIDE HORSE.

Third Grade.

1. Front rest at saddle—feint right. Same left. Alternate.

2. Squat right leg to side riding seat—squat left leg to back rest—off forward with quarter right turn. Opposite side.

3. Squat to back rest—off forward with half right turn. Same left.

4. Squat right leg to side riding seat—squat right leg backward and left leg forward at same time—squat right leg forward to back rest—off forward. Opposite side.

5. Run—squat over horse, spreading legs before landing.

6. Squat over horse with quarter right turn. Same left.

7. Jump to spread on horse—over.

8. Jump to spread on horse—off forward with half right turn. Same left.

9. Half right circle right leg—half right circle left leg to back rest—off forward. Opposite side.

10. Right circle with right leg to front rest—to floor—flank vault left. Opposite side.

11. Half right circle right leg—half left circle right leg to front rest—to floor—rear vault right. Opposite side.

12. Half left circle right leg—half left circle right leg to front rest—squat over to mat. Opposite side.

13. Front vault right. Same left.
14. Squat over horse with half right turn. Same left.
15. Right circle with right leg to front rest—half right circle left leg—half left circle right leg and off with quarter left turn. Opposite side.
16. Rear vault left, quarter left turn. Opposite side.
17. Right hand on left pommel—jump to back rest—squat backward to mat. Opposite side.
18. Right hand on left pommel—jump to back rest—half left circle left leg—squat right leg backward and to mat. Opposite side.
19. Right hand on left pommel—to back rest—half left circle left leg—half right circle right leg to front rest—off backward. Opposite side.
20. Rear vault swing to riding seat in saddle—front vault right. Opposite side.
21. Front rest—half left circle right leg—half left turn—half left circle left leg to front rest—off backward. Opposite side.
22. Rear vault left to riding seat in saddle—quarter left turn to side riding seat—squat right leg to back rest—squat backward to mat. Opposite side.
23. Front rest—half left circle right leg with half left turn to side riding seat—squat left leg backward to front rest—off backward with half right turn. Opposite side.
24. Run—spread over horse.
25. Spread over horse with quarter right turn. Same left.
26. Feint right—half right circle right leg—half left circle right leg—off. Opposite side.

27. Feint right—rear vault swing left to riding seat in saddle—front vault right. Opposite side.

28. Feint right—half right circle right leg—half left turn—half left circle left leg—off backward. Opposite side.

29. Feint right—rear vault swing left to riding seat in saddle—quarter left turn—squat right leg to back rest—squat both backward to mat. Opposite side.

30. Feint right—half right circle with right leg with half left turn to side riding seat—half left circle left leg—off backward with half right turn. Opposite side.

31. Spread over horse with half right turn. Same left.

32. Feint right—squat left leg to side riding seat—half left circle right leg to back rest—off forward. Opposite side.

33. Feint right—squat to back rest—off forward with quarter right turn. Opposite side.

34. Right circle with right leg to floor—flank vault left. Opposite side.

35. Right circle with right leg to floor—rear vault left. Opposite side.

36. Front rest—flank vault right to back rest—off forward. Same left.

37. Feint right—flank vault left. Opposite side.

38. Feint right—rear vault left. Opposite side.

39. Right hand on left pommel—jump to back rest—half right turn to front rest on neck—half left circle right leg—half right circle right leg—off backward. Opposite side.

40. Front vault swing left to riding seat on neck—backward scissors right—off backward. Opposite side.

41. Feint right—front vault left. Opposite side.
42. Right hand on left pommel—to back rest—half right turn to front rest on neck—left circle with right leg. Opposite side.
43. Feint right—flank vault left to back rest. Opposite side.
44. Screw backward left to riding seat on croup—off forward. Opposite side on neck.
45. At neck—rear vault swing left to riding seat on neck—forward scissors right—front vault left. Opposite side on croup.
46. Screw backward left to riding seat on croup—forward scissors right—front vault right. Opposite side on neck.
47. Right circle with right leg and off with quarter right turn. Opposite side.
48. Thief jump from right foot to side riding seat, left leg forward—squat right leg to back rest—off forward. Opposite side.
49. Half left circle right leg—half right circle left leg with three-quarter right turn to riding seat on croup—front vault right. Opposite side.
50. Rear vault left with half left turn. Opposite side.
51. Half left circle right leg—half right circle left leg with half right turn and half right circle left leg to side riding seat on croup—half left circle right leg to back rest—half left circle both legs to mat. Opposite side.

SIDE HORSE.

Fourth Grade.

1. At saddle—rear vault left with quarter right turn. Opposite side.

2. Squat to back rest—right circle with right leg. Same left.
3. Squat to back rest—left circle right leg. Opposite side.
4. Front vault swing to riding seat on croup—feint right—flank vault left. Opposite side.
5. Flank vault left, quarter left turn. Opposite side.
6. Flank vault right to back rest—half right circle both legs—flank vault left. Opposite side.
7. Right circle right leg and off with half left turn. Opposite side.
8. Front vault swing to riding seat on croup—feint right—rear vault left. Opposite side.
9. Flank vault left, quarter right turn. Opposite side.
10. Flank vault left to back rest—right circle right leg. Opposite side.
11. Feint left—half left circle right leg—half right circle left leg with three-quarter right turn to riding seat on croup—front vault right. Opposite side.
12. Flank vault left to back rest—right circle right leg and off with quarter right turn. Opposite side.
13. Front vault left, quarter left turn. Opposite side.
14. Flank vault left to back rest—right circle right leg and off with quarter left turn. Opposite side.
15. Front rest on neck—half left circle right leg—scissors sideways left—off sideways. Opposite side on croup.
16. Feint left—half left circle right leg—half right circle left leg with three-quarter right turn to riding seat on croup—feint right, flank vault left. Opposite side.
17. Front vault left, quarter right turn. Opposite side.

18. Rear vault left to riding seat in saddle—scissors backward left—rear vault left. Opposite side.

19. Front rest—half left circle right leg—scissors sideways left—half left circle right leg—off forward. Opposite side.

20. Front vault swing to riding seat on croup—feint right—front vault left. Opposite side.

21. Front rest—front vault right. Same left.

22. Feint left—half left circle right leg—half right circle left leg with three-quarter right turn to riding seat on croup—feint right—rear vault left. Opposite side.

23. Rear vault swing left to riding seat in saddle—scissors forward right—front vault left. Opposite side.

24. Feint right—rear vault left, quarter left turn. Opposite side.

25. Front rest—rear vault left, quarter left turn. Opposite side.

26. Front rest on neck—half right circle left leg—scissors sideways left—off sideways. Opposite side.

27. Feint left—half left circle right leg—half right circle left leg with three-quarter right turn to riding seat on croup—feint right—front vault left. Opposite side.

28. Feint right—rear vault left, quarter right turn. Opposite side.

29. Front rest—rear vault left, quarter right turn. Opposite side.

30. Front rest—half right circle left leg—feint right to astride right arm—return to front rest. Opposite side.

31. Front rest—half right circle left leg—feint right to astride right arm—flank vault left. Opposite side.

32. Feint right—flank vault left, quarter left turn. Opposite side.

33. Front rest—flank vault left, quarter left turn. Opposite side.

34. Front rest—half right circle left leg—feint right to astride right arm—rear vault left. Opposite side.

35. Feint right—flank vault left, quarter right turn. Opposite side.

36. Front rest—flank vault left, quarter right turn. Opposite side.

37. Front rest—half right circle left leg—feint right to astride right arm—as right leg returns, half right turn of body to side riding seat—half right circle left leg with three-quarter right turn to riding seat on neck—feint left—flank vault right. Opposite side.

38. At neck—flank vault left with full turn right. Opposite side on croup.

39. Feint right—rear vault left, half left turn. Opposite side.

40. Front rest—rear vault left, half left turn. Opposite side.

41. Flank vault left with full right turn. Same left.

42. Squat to back rest—scissors sideways right to riding seat on croup—feint right—rear vault left, quarter left turn. Opposite side.

43. Feint right—front vault left, quarter left turn. Opposite side.

44. Front rest—front vault left, quarter left turn. Opposite side.

45. Feint right—screw backward right to riding seat on neck—off forward. Opposite side on croup.

46. Feint right—screw backward right to riding seat on neck—scissors forward right—feint left—front vault right. Opposite side.

47. Feint right—front vault left, quarter right turn. Opposite side.

48. Front rest—front vault left, quarter right turn. Opposite side.

49. Run—thief jump from left foot to side riding seat, right leg forward—half right circle left leg with three-quarter right turn to riding seat on croup—feint right—left leg right circle—feint left—rear vault right. Opposite side.

50. Flank vault left, three-quarter left turn. Opposite side.

SIDE HORSE.

Fifth Grade.

From the Third and Fourth Grades the instructor may compile the Fifth Grade by executing the various circling exercises and vaults in the following ways :

1st. From a double feint.

2d. From a feint right and double feint left.

3d. From double circle.

4th. From feint and double circles.

5th. From double feint and double circles, etc.

Double and triple vaults.

Same from feint and double feint, etc.

This may be continued indefinitely as far as any pupil can advance, and the following exercises will be sufficient to show the method of compiling advanced work by which the instructor may, in a few minutes, prepare his lesson :

1. Double feint right and left.
2. Double feint right—flank vault left.
3. Opposite side.
4. Feint left—double feint right—rear vault left.
5. Opposite side.
6. Double circle right and left.
7. Double circle right—front vault left.
8. Opposite side.
9. Double rear vault right and left.
10. Feint right—double rear vault to left.
11. Opposite side.
12. Double feint right—double rear vault left.
13. Opposite side.
14. Double rear vault swing left to riding seat on croup—forward scissors right—feint right, front vault left.
15. Opposite side.
16. Feint right—right circle with right leg—flank vault left.
17. Opposite side.
18. Same as 16 and 17 from double feint right.
19. Flank vault right to back rest—double circle right
20. Opposite side.
21. Same as 19 and 20 from feint and double feint.

CHAPTER VII.

LOW HORIZONTAL BAR.

(Bar 4 to 4 feet 6 inches.)

First Grade.

1. Jump to front rest—down.
2. Jump right foot to bar between hands. Same left.
Alternate.
3. Jump both feet to bar.
4. Jump to rest, right foot on bar outside of hands—down. Opposite side.
5. Jump to rest, right foot on bar outside of hands—flank vault right. Opposite side.
6. Roll forward to floor.
7. Roll forward to floor—feet between hands to back hang—off.
8. Swing at front rest, three times. Same with reverse grasp.
9. Swing at front rest—push off backward for distance on second swing.
10. Same as exercise 9 with quarter right and left turn before landing.
11. Same as exercise 9 with half right and left turn before landing.
12. Front rest—raise right leg over bar to knee hang outside hands right. Same left.

13. Reverse grasp—swing at front rest—push off backward for distance.
14. Flank vault right and left.
15. Reverse grasp—swing at front rest—push off backward with quarter right turn. Same left.
16. Reverse grasp—roll forward to mat.
17. Reverse grasp—roll forward to mat—feet between hands to back hang.
18. Reverse grasp—swing at front rest—push off backward with half right turn. Same left.
19. Alternate jumping right and left foot to bar between hands. Both at once.
20. Jump to rest, right foot on bar outside of hands—flank vault right. Opposite side.
21. Front rest—jump right foot to bar—down to mat. Same left.
22. Roll forward to mat—feet between hands to back hang—off.
23. Front rest—swing. Same reverse grasp.
24. Front rest—jump both feet to bar.
25. Flank vault right and left.
26. Right hand reverse—swing in front rest. Same, left reverse.
27. Jump right foot on bar between hands. Same, left. Alternate.
28. Right hand reverse—swing in front rest—push off backward for distance. Same, left reverse.
29. Back toward bar with hands on bar—jump to back rest—push off forward for distance.
30. Right hand reverse—swing in front rest—push off backward with quarter right turn. Opposite side.

31. Rear vault right and left.
32. Alternate jumping right and left foot on bar.
33. Squat on bar—return.
34. Squat on bar—jump over.
35. Front rest—jump right foot to bar. Same left. Alternate.
36. Right hand reverse—swing in front rest—push off backward with quarter right turn. Opposite side.
37. Right hand reverse—jump left foot on bar outside of hands—front vault left. Opposite side.
38. Right hand reverse—front vault left. Opposite side.
39. Front rest—jump both feet to bar.
40. Right reverse, front rest—jump left foot to bar. Opposite side.
41. Flank vault right, quarter right turn. Opposite side.
42. Right reverse, front rest—jump both feet to bar. Same, left reverse.
43. With right side toward bar and right hand on bar—jump to back rest. Opposite side.
44. Swing in front rest. Same, reverse grasp.
45. Jump left foot on bar outside of hands—rear vault left. Opposite side.
46. Swing in front rest and jump toes to bar. Same, reverse grasp.
47. Right hand reverse—flank vault left. Opposite side.
48. Right hand on bar—jump to back rest—raise right knee. Opposite side.

49. Reverse grasp—roll forward—feet between hands to back hang—off.

50. Reverse grasp—roll forward without touching bar.

51. Right reverse—flank vault right. Opposite side.

52. Wolf position right (right foot between hands on bar, left leg extended to left on bar). Same left. Alternate.

53. Back rest on bar—raise both knees.

54. Flank vault right, half right turn. Opposite side.

55. One hand vault right. Same left.

56. Squat on bar—down. Squat on bar—over.

57. Right reverse—jump to wolf position left. Opposite side.

58. Back rest—raise right leg forward. Same left. Alternate.

59. Jump right foot on bar outside hands—flank vault right. Opposite side.

60. Front rest—bend and straighten arms.

61. Back rest, right hand reverse—raise right knee. Opposite side.

62. Front rest—jump right foot on bar. Same left. Alternate.

63. Back rest, right reverse—raise right leg. Opposite side.

64. Jump to bent arm rest right, holding with left hand. Opposite side.

65. Front rest—jump both feet to bar.

66. Front rest—squat on bar—down.

67. Flank vault right, half right turn—flank vault left. Opposite side.

68. Front rest, right reverse—jump right foot on bar. Opposite side.

69. Back rest—knees forward—straighten right leg forward. Same left.

70. Front rest, right reverse—jump feet to bar. Same, left reverse.

71. Front rest, right reverse—jump feet on bar. Same, left reverse.

72. Squat right foot on bar—jump over. Same left.

73. Squat on bar—jump over.

74. Underswing from stand.

75. Underswing from front rest.

LOW HORIZONTAL BAR.

(Bar 4 to 4 feet 6 inches.)

Second Grade.

1. Rear vault right and left.

2. Bent arm rest right, releasing left hand. Opposite side.

3. Flank vault left quarter right turn. Opposite side.

4. Swing in front rest—swing toes to bar. Same, reverse grasp.

5. Jump to back rest—swing legs forward and backward.

6. Roll forward to floor.

7. Roll forward to floor—feet between hands to back hang—off.

8. One hand vault right—return left. Opposite side.

9. Swing in back rest—push off forward for distance.

10. Roll forward and without touching floor, feet between hands to back hang—off.

11. Jump to wolf position, right foot between hands—down. Opposite side. Alternate.
12. Wolf position, right foot between hands—jump over to mat. Opposite side.
13. Reverse grasp—flank vault right. Same left.
14. From front rest—lower to bent arm rest right—return. Same left.
15. Front rest—lower to elbow hang right—return. Same left. Both at once.
16. Right hand reverse—jump to wolf position, left foot between hands—over to mat. Opposite side.
17. Squat right foot on bar—jump over to mat. Same left.
18. Flank vault left, half right turn. Opposite side.
19. Right reverse—squat right foot on bar—jump over to mat. Opposite side.
20. Front rest—lower to bent arm rest right, releasing left hand—return. Opposite side.
21. Stand with right side toward bar, several feet away—jump with quarter right turn to front rest. Opposite side.
22. Front rest—lower to upper arm hang right—return. Same left. Both at once.
23. Right side toward bar, several feet away—jump with quarter right turn to front rest, reverse grasp. Opposite side.
24. Reverse grasp—roll forward.
25. Reverse grasp—roll forward—feet between hands to back hang—off.
26. Reverse grasp—roll forward without touching bar.

27.. Flank vault right, half left turn—flank vault left, quarter left turn. Opposite side.

28. Back rest—swing legs forward and backward—jump right heel to bar. Same left.

29. Stand with back toward bar, several feet away—jump with half right turn to front rest. Opposite side.

30. Back rest—swing legs—jump heels to bar.

31. Right hand reverse—rear vault left. Opposite side.

32. Jump right leg to knee hang outside hands right—swing up to seat—off. Same left. Alternate.

33. Rear vault left, quarter right turn. Opposite side.

34. Back rest—swing legs—alternate raising right and left heel to bar.

35. Short underswing to mat.

36. Back rest—swing—jump right foot on bar between hands—off forward. Same left.

37. One hand vault right—return left. Same left, returning right.

38. Back rest—swing—squat on bar—off forward.

39. Front rest—lower to bent arm rest right, releasing left hand—return. Opposite side.

40. Back rest—swing—push off forward for distance with quarter right turn. Same left.

41. Rear vault left, quarter left turn—flank vault left. Opposite side.

42. Jump toes to bar, legs spread.

43. Jump feet on bar, legs spread—down. Same and jump over.

44. Rear vault left, quarter left turn—flank vault right. Opposite side.

45. Back rest—swing—push off forward with half right turn. Same left.
46. Squat right foot on bar—jump over. Same left.
47. Reverse grasp—roll forward without touching bar.
48. Back rest, right reverse—push off forward for distance with quarter right turn.¹ Opposite side.
49. Back to bar, several feet away—jump with half right turn to front rest. Same left.
50. Flank vault right and left, spreading legs.
51. Back rest—swing—push off forward with three-quarter right turn. Same left.
52. Underswing to mat.
53. Back rest, right reverse—push off forward for distance with half right turn. Opposite side.
54. Roll forward and without touching floor, feet between hands to back hang—off.
55. Back to bar, several feet away—jump with half right turn to front rest, reverse grasp. Same left.
56. Squat on bar—down. Same and jump over.
57. Squat on bar—jump over with quarter right turn. Same left.
58. Squat on bar—jump over with half right and left turn.
59. Rear vault right and left, spreading legs.
60. Swing at front rest—jump feet to bar—repeat. Same with reverse grasp.
61. Swing at front rest—jump right foot on bar—repeat. Same left.
62. Same as 61 with reverse grasp.
63. Swing in front rest—squat on bar—down. Same, reverse grasp.

64. Back rest—bend and straighten arms.
65. Rear vault left, quarter left turn—flank vault left.
66. Rear vault left, quarter left turn—flank vault right.
67. Rear vault right, quarter right turn—flank vault right.
68. Rear vault right, quarter right turn—flank vault left.
69. Back rest—swing right foot on bar—off forward, quarter right turn. Opposite side.
70. Rear vault left, quarter left turn—rear vault left.
71. Rear vault left, quarter left turn—rear vault right.
72. Rear vault left, quarter left turn—rear vault right, quarter left turn.
73. Rear vault left, quarter left turn—rear vault right, quarter right turn.
74. Back rest—squat feet on bar—down.
75. Back rest—alternate swinging right and left foot on bar.
76. From stand—underswing to mat.
77. From front rest—underswing to mat.

LOW HORIZONTAL BAR.

(Bar 4 feet 6 inches to 5 feet.)

Third Grade.

1. Flank vault right and left.
2. Roll forward slowly to hang, legs at half lever—feet between hands to back hang—off.
3. Swing at front rest—alternate jumping right and left foot to bar. Same with reverse grasp.
4. Front rest—half right circle left leg and return. Opposite side.

5. Swing at front rest—push off backward for distance with half right turn. Same left.
6. Rear vault right and left.
7. Reverse grasp—roll forward slowly to hang, legs at half lever—feet between hands to back hang—off.
8. Reverse grasp—swing—push off backward for distance with half right turn. Same left.
9. Front rest—jump both feet to bar—repeat.
10. Stand—short underswing to mat. Same from front rest.
11. Roll forward to mat and repeat quickly several times.
12. Flank vault right and left.
13. Rear vault right and left.
14. Squat right foot on bar—jump over. Same left. Both at once.
15. Right side toward bar, right hand on bar—jump to back rest, reverse grasp—push off forward for distance. Opposite side.
16. Front rest—squat right foot on bar—over. Same left. Both at once.
17. Front vault right and left.
18. Reverse grasp—roll forward without touching bar.
19. Flank vault right, quarter right turn. Opposite side.
20. Wolf vault position, right foot between hands on bar, left extended sideways—over. Opposite side.
21. Right hand reverse—flank vault left. Opposite side.
22. One hand vault right. Same left.
23. Right hand reverse—flank vault right. Opposite side.

24. Back rest—reverse grasp—alternate raising right and left and both knees.

25. Flank vault right, half right turn. Opposite side.

26. Back rest—reverse grasp—alternate raising right and left and both legs.

27. Starting from right foot—circle backward around bar to front rest—underswing to mat. Same, starting from left. Both at once.

28. Front rest—lower to bent arm rest right—return—same left.

29. Front rest—jump to wolf position on bar, right foot between hands—over. Opposite side.

30. Flank vault right, half right turn—flank vault left. Opposite side.

31. Back rest—knees forward—alternate straightening right and left and both knees forward.

32. Front rest—lower to bent arm rest right, releasing left—return—and same to opposite side.

33. Flank vault left, quarter right turn. Opposite side.

34. Roll forward and without touching floor, feet between hands to back hang—off.

35. One hand vault right—return left. Opposite side first.

36. Right side toward bar, several feet away—jump with quarter right turn to front rest, reverse grasp. Opposite side.

37. Reverse grasp—flank vault right and left.

38. Jump to right knee hang outside right—swing up to rest—off. Opposite side.

39. Flank vault left, half right turn. Opposite side.

40. Knee hang, right outside—knee circle backward. Opposite side.

41. Back toward bar, several feet away—jump with half right turn to front rest, reverse grasp. Opposite side.

42. Jump to knee hang, right outside—half knee circle backward to rest above bar. Opposite side.

43. Flank vault right, half left turn—flank vault left, quarter left turn. Opposite side.

44. Back rest—squat right foot on bar—off forward. Same left.

45. Right hand reverse—rear vault left. Opposite side.

46. Back rest—alternate squatting right and left foot on bar.

47. Rear vault left, quarter right turn. Opposite side.

48. One hand vault right—return left. Opposite side first.

49. Back rest—squat on bar—off forward.

50. Rear vault left, quarter left turn—flank vault right. Opposite side.

51. Jump feet on bar, legs spread—down. Same and jump over.

52. Rear vault left, quarter left turn—flank vault left. Opposite side.

53. Backward knee circle, right between hands. Same left.

54. Reverse grasp—squat right foot on bar—over. Same, left.

55. Flank vault right and left, spreading legs.

56. Reverse grasp—knee hang, right outside—forward knee circle. Opposite side.

57. Squat on bar—off forward with quarter right turn.
Same left.

58. Rear vault right and left, spreading legs.

59. Back rest—bend and straighten arms.

60. Front rest—flank vault right and left.

61. Squat on bar—off forward with half right turn.
Same left.

62. Rear vault right and left from front rest.

63. Reverse grasp—forward knee circle, right between hands. Same left.

64. Front rest—front vault right and left.

65. Two knee circles backward, right outside. Opposite side.

66. Rear vault left, quarter left turn—flank vault left.
Opposite side.

67. Two knee circles backward, right between hands.
Same left.

68. Rear vault left, quarter left turn—flank vault right.
Opposite side.

69. Two knee circles forward, right outside. Opposite side.

70. Flank vault right and left to back rest.

71. Flank vault right to back rest—fall backward with short underswing between hands to mat. Same from vault left.

72. Two forward knee circles, right between hands.
Same left.

73. Front rest—backward circle around bar.

74. Same as 73, adding short underswing to mat.

LOW HORIZONTAL BAR.

(Bar 4 feet 6 inches to 5 feet.)

Fourth Grade.

1. Rear vault left, quarter left turn—rear vault left.
2. Rear vault left, quarter left turn—rear vault right.
3. Squat right leg to side riding seat—half right circle left leg—off. Opposite side.
4. Rear vault left, quarter left turn—rear vault right, quarter left turn.
5. Rear vault left, quarter left turn—rear vault right, quarter right turn.
6. Squat to back rest—off forward.
7. Reverse grasp, front rest—squat right foot on bar—over. Same left. Both at once.
8. Squat on bar—over with half right turn. Same left.
9. Front rest—squat right leg to side riding seat—one knee circle backward and short underswing to mat. Opposite side.
10. Squat on bar—off forward with three-quarter right turn. Same left.
11. Reverse grasp, front rest—squat right leg to side riding seat—knee circle forward right. Opposite side.
12. Front rest—flank vault left, quarter left turn. Opposite side.
13. Front rest—squat on bar—over. Same, reverse grasp.
14. Front rest—squat over bar. Same, reverse grasp.
15. Front rest—flank vault right, quarter left turn. Opposite side.

16. Front rest—squat to back rest—off forward. Same, reverse grasp.

17. Front rest—flank vault swing right to back rest and return. Opposite side.

18. Squat right leg to side riding seat and return to mat. Same left.

19. Squat on bar—off forward with full right turn. Same left.

20. Jump up, circling right leg half right circle—knee circle backward. Opposite side.

21. Rear vault left, quarter left turn—rear vault left.

22. Rear vault left, quarter left turn—rear vault right.

23. From stand—short underswing with quarter right turn. Same left.

24. Front rest—right circle with left leg. Opposite side.

25. Stand well back—short underswing to mat.

26. Front rest—short underswing with quarter right turn. Same left.

27. Front rest—right circle with right leg. Opposite side.

28. Back rest, reverse grasp—lower to bent arm rest right—half right turn, regrasping left—push up to rest. Opposite side.

29. From stand—short underswing with half right turn. Same left.

30. Starting from right foot—free circle backward over bar to mat. Same, starting from left. Both at once.

31. Back rest, reverse grasp—lower to bent arm rest right—half right turn, regrasp left—to bent arm rest left

—half right turn—regrasp right—continue across bar. In opposite direction.

32. Front rest—short underswing with half right turn. Same left.

33. Front rest—free backward circle around bar to mat. Same, ending with short underswing to mat.

34. Rear vault left, quarter left turn—rear vault left, quarter left turn.

35. Rear vault left, quarter left turn—rear vault left, quarter right turn.

36. Back rest—fall backward to short underswing between hands to mat with quarter right turn. Same, turning left.

37. Rear vault right, quarter right turn—rear vault right, quarter right turn.

38. Rear vault right, quarter right turn—rear vault right, quarter left turn.

39. Back rest—fall backward with short underswing between hands to mat with half right turn. Same left.

40. Double knee circle backward, knees between hands.

41. Back rest—fall backward to swing, heels on bar—on return swing, uprise over bar to back rest.

42. Rear vault right, quarter right turn—rear vault left, quarter left turn.

43. Rear vault right, quarter right turn—rear vault left, quarter right turn.

44. Double knee circle backward, knees between hands, falling backward to swing, heels on bar—on return swing uprise over bar to back rest—off forward.

45. One hand vault right—return left. Same, left first.

46. Rear vault right, quarter right turn—rear vault right, quarter left turn.

47. Rear vault right, quarter right turn—rear vault right, quarter right turn.

48. Circle backward around bar to front rest—right knee over bar outside right—knee circle backward. Opposite side.

49. Double knee circle backward, right leg between hands, left outside. Opposite side. Alternate.

50. Squat over bar. Same, holding until feet are on floor.

51. Double knee circle forward, knees between hands.

52. Squat over bar with quarter right turn. Same left.

53. From seat on bar, right hand between legs, left outside—fall backward to swing, heels on bar—on return swing uprise to seat. Opposite side.

54. Reverse grasp—squat over bar. Same, holding until feet are on floor.

55. From seat, right hand between legs, left outside—double knee circle backward—fall backward to swing, heels on bar—on return swing uprise to seat. Opposite side.

56. Squat over bar with half right turn. Same left.

57. Double knee circle backward, hands between legs.

58. From seat, hands between legs—fall backward to swing, heels on bar—on return swing uprise to seat.

59. Combine exercises 57 and 58.

60. Squat to back rest—double knee circle backward.

61. Same as 60, adding—fall backward to swing, heels on bar—on return swing uprise to seat.

62. Reverse grasp—squat to back rest—double knee circle forward.

63. Spread over bar to mat. Same from front rest.

64. Front rest—squat to seat, right leg between hands, left outside—double knee circle backward. Opposite side.

65. Same as 64, adding—fall back to swing, heels on bar—on return swing uprise to seat. Opposite side.

66. From stand—short underswing with three-quarter right turn. Same left.

67. From seat, right hand between legs, left outside, reverse grasp—double knee circle forward. Opposite side.

68. Front rest—spread over bar to seat, hands between legs—double knee circle backward.

69. Same as 68, adding—fall backward to swing, heels on bar—on return swing uprise to seat.

70. Double knee circle forward, hands between legs, reverse grasp.

71. Front rest—squat over bar with quarter right turn. Same left.

72. Reverse grasp, front rest—squat over bar with quarter right turn. Same left.

73. Circle backward around bar to front rest—right leg over bar outside right—knee circle backward—return right to front rest and raise left to outside left—knee circle backward.

74. Front rest—squat over bar with half right turn. Same left.

75. Reverse grasp, front rest—squat over bar with half right turn. Same left.

76. Front rest—flank vault swing right to back rest, spreading legs. Same left.

77. Rear vault right, half right turn. Opposite side.

78. Front rest—flank vault swing right to back rest, spreading legs—return right to front rest. Opposite side.

79. Jump, circling right leg half right circle with half left turn of body to knee circle backward left between hands. Opposite side.

LOW HORIZONTAL BAR.

Fifth Grade.

Most of the work on this piece of apparatus is merely preliminary to that done on the high horizontal bar, therefore the suggestions for Fifth Grade on that piece apply in great measure to the low bar.

Those exercises distinctly for the low bar are:

Raising the bar for the various vaults for height.

Squat, straddle, wolf, flank, rear and front vaults with turns.

Jumping, squatting and straddling to various circles, gradually raising the bar to the height of the ordinary horizontal bar.

Many of the Third and Fourth Grade exercises may then be profitably repeated on the high bar.

Interesting combinations for advanced work may be had by exercising with two bars, one at 8 feet, the other at about 4 feet in height.

CHAPTER VIII.

LONG HORSE.

First Grade.

Working at croup end, horse without pommels.

1. Front rest—alternate raising right and left leg.
2. Jump to kneel on right knee, left leg extended backward. Opposite side.
3. Jump to riding seat—front vault right. Opposite side.
4. Jump to kneel—off to right side. Same, off left.
5. Jump to kneel—to riding seat—front vault right. Same with front vault left.
6. Squat on horse—off to right. Same left.
7. Squat on horse—off right, quarter left turn. Opposite side.
8. Squat on horse—off right, half left turn. Opposite side.
9. Jump well forward to riding seat—front vault right. Same with front vault left.
10. Squat on horse—down to front leaning rest, hands on neck—off right. Same and off left.
11. Squat on horse—down to riding seat—spread over far end to mat.
12. Squat on horse—down to front leaning rest—spread over far end to mat.

13. Squat on horse—off to right, quarter right turn. Opposite side.

14. Squat on horse—off to right, half right turn. Opposite side.

LONG HORSE.

Second Grade.

1. Squat on horse—step forward right and jump over far end to mat. Same, stepping forward left.

2. Squat on horse—jump forward to neck—jump forward to mat.

3. Squat well in on horse—jump over far end to mat.

4. Rear vault right and left.

5. Jump into riding seat—right leg over forward to left side with quarter right turn to front rest—off backward. Opposite side.

6. Repeat exercise 5 to floor, then flank vault right over horse. Opposite side.

7. Jump into riding seat—quarter right turn to side riding seat—half right circle left leg to back rest—off forward. Opposite side.

8. Jump into riding seat—up backward to front leaning rest—down to riding seat—front vault right. Same, with vault left.

9. Flank vault right and left.

10. Jump into riding seat—right leg over forward to left side and half right turn circling left leg to riding seat—front vault right. Opposite side.

11. Jump along left side of horse to outside cross seat—quarter right turn to front rest—off backward. Opposite side.

12. Same as 11 to floor, then flank vault right. Opposite side.

13. Jump along left side of horse to outside cross seat—quarter right turn to mat—rear vault right. Opposite side.

14. Jump well in with rear vault right and left.

LONG HORSE.

Third Grade.

1. Jump as far as is as possible to riding seat—front vault right. Same with front vault left.

2. Riding seat—front vault right, quarter left turn. Opposite side.

3. Jump to kneel on right knee, left leg extended backward—down to outside seat left, circling right leg forward to riding seat—front vault right. Opposite side.

4. Jump as far in as possible with rear vault right and left.

5. Riding seat—up forward to back leaning rest—return and front vault right. Same with front vault left.

6. Jump in as far as possible with flank vault right and left.

7. Riding seat—right leg over forward to left side with quarter right turn to front rest—flank vault right. Opposite side.

8. Jump far in to riding seat—spread over far end to mat.

9. Riding seat—rear vault right and left.

10. Riding seat—right leg forward over to left side with quarter right turn to front rest—rear vault right. Opposite side.

11. Jump along left side of horse to outside seat—half right turn, circling left leg to riding seat—rear vault right. Opposite side.

12. Rear vault right, quarter left turn. Opposite side.

13. Jump far in to front leaning rest—off right. Same off left.

14. Run—spread over horse.

LONG HORSE.

Fourth Grade.

1. Jump into riding seat—front vault right, half left turn. Opposite side.

2. Jump far in to front leaning rest—spread over far end to mat.

3. Jump well in on horse with rear vault right, quarter left turn. Opposite side.

4. Riding seat—backward scissors right. Same left.

5. Riding seat—hands behind—up to back leaning rest—forward scissors right—front vault right. Opposite side.

6. Riding seat—forward scissors right. Same left.

7. Riding seat—rear vault right, quarter left turn. Opposite side.

8. Rear vault swing left to outside seat right—off right. Opposite side.

9. Rear vault swing left to outside seat right—front vault left. Opposite side.

10. Front vault right and left.

11. Jump well in on horse with rear vault right, half left turn. Opposite side.

12. Riding seat—feint right—rear vault swing left to riding seat—rear vault right. Opposite side.

13. Rear vault right and left, jumping as far forward as possible.

14. Riding seat—feint right—rear vault left. Opposite side.

LONG HORSE.

Fifth Grade.

In this, as in the other grades, the number of exercises is very limited, so the apparatus is used but a few times during the season. Advanced exercises may be compiled from the following :

From riding seat feint right—rear vaults with quarter, half and three-quarter turn in or out.

Spread up over croup to rear vault.

Run—double rear vault.

Run—double vault, combining rear and front vaults.

Run—spread up over croup with scissors right or left to riding seat.

Run—spread up over croup with scissors and immediate dismount over croup to floor.

Rear, flank and front vaults, jumping as far forward as possible.

Rolls forward—handspring over neck end.

Also many advanced exercises may be done without removing the pommels.

CHAPTER IX.

HORIZONTAL LADDER.

First Grade.

1. Jump to cross hang on outside—down.
2. Cross hang—step forward right—return. Same left. Alternate.
3. Cross hang, hands inside on rails—down.
4. Inside grasp—raise right knee forward—return. Same left. Alternate.
5. Cross hang—one jump forward—down.
6. Hang—raise knees forward—return.
7. Cross hang on round—down.
8. Hang, reverse grasp on round.
9. Alternate jumping to ordinary and reverse grasps on round.
10. Hang on round—one step forward right—return. Same left. Alternate.
11. Hang—knees forward—one step forward right—return. Same left. Alternate.
12. Inside grasp on rails—one step forward right—return. Same left. Alternate.
13. Hang—swing—off on backward swing.
14. Inside grasp on rails—raise right leg forward—return. Same left. Alternate.
15. Hang—pull up to chin.
16. Side hang on rail—down.

17. Side hang on rail—step sideways right—return. Same left. Alternate.
18. Cross hang on round—chin.
19. Side hang—step sideways right with side straddle—return. Opposite side. Alternate.
20. Side hang, reverse grasp on inside of rail.
21. Cross hang, reverse grasp on round—chin.
22. Cross hang on round—knees forward—step forward right to next round—return. Same left. Alternate.
23. Inside hang on rails—jump forward to common grasp on round.
24. Inside hang on rails—jump backward to reverse grasp on round.
25. Inside hang on rails—chin.
26. Cross hang, right hand outside, left inside on rails—down. Opposite side. Alternate.
27. Inside hang on rails—knees forward—step forward right—return. Same left. Alternate.
28. Hang—change right hand to round—return. Same left. Alternate.
29. Hang—walk forward.
30. Hang—raise knees forward—straighten right leg forward—return. Same left. Alternate.
31. Hang—walk backward.
32. Side hang on rail—step forward right to opposite rail—return. Same left. Alternate.
33. Hang—walk forward and backward.
34. Hang—off with quarter right turn. Same left.
35. Hang—off with half right turn. Same left.
36. Side hang—walk sideways right. Same left.
37. Side hang on rounds—chin.

38. Side hang on rounds, inside grasp—chin.
39. Cross hang on rounds—walk forward, right hand leading. Same, left hand leading.
40. Side hang on rounds, skipping one—chin.
41. Side hang on rounds, skipping one, inside grasp—chin.
42. Jump to cross arm hang on round, right over left—down and same to opposite side.
43. Cross hang on rounds—walk backward, right hand leading. Same, left hand leading.

HORIZONTAL LADDER.

Second Grade.

1. Cross hang—swing—touch toes forward to ladder.
2. Swing—one jump forward—off.
3. Reverse grasp on round—jump to common grasp on next round.
4. Cross hang, bent arm—two steps forward right—return. Same left. Alternate.
5. Side hang, bent arm—walk sideways right. Same left.
6. Cross hang on round—jump to reverse grasp on same round.
7. Jump with quarter right turn to side hang on outside. Same left.
8. Cross hang—jump forward with each forward swing.
9. Hang on round—jump forward to next round.
10. Jump with quarter right turn to side hang on rounds. Same left.

11. Hang on round—jump to reverse grasp on round behind.

12. Side hang on outside—walk sideways right, several steps at a time with each hand. Opposite side.

13. Hang—jump to hang on round.

14. Hang—jump backward on each backward swing.

15. Hang—jump to reverse grasp on round.

16. Side hang on outside—swing sideways, walking sideways right. Same left.

17. Hang on round—jump to hang on outside.

18. Jump with quarter right turn to side hang on outside, reverse grasp. Opposite side.

19. Hang, reverse on round—jump to hang on outside.

20. Jump with quarter right turn to side hang on rounds, inside grasp. Same left.

21. Side hang on outside—jump to side hang on rounds.

22. Side hang on rounds—walk sideways right. Same left.

23. Side hang on rounds, inside grasp—jump forward to common grasp on inside of rail.

24. Hang—swing and catch feet on rounds in front leaning rest.

25. Side hang on rounds, inside grasp—jump backward to reverse grasp on inside of rail.

26. Side hang on rounds—walk sideways right, skipping one. Same left.

27. Side hang on rounds, inside grasp—jump forward to common grasp on inside of rail—return to inside grasp on rounds—backward to reverse grasp on inside of rail—down.

28. Jump with quarter right turn to inside hang on rail, reverse grasp. Opposite side.
29. Cross hang on outside—jump forward.
30. Inside hang—walk forward right hand leading. Same, left leading.
31. Hang—jump backward.
32. Jump with half right turn to cross hang on rounds. Same left.
33. Side hang on outside—jump sideways right. Same left.
34. Cross hang, right outside, left on round—walk forward. Opposite side.
35. Jump with half right turn to inside grasp on rails. Same left.
36. Hang—knees forward—walk forward.
37. Cross hang, right inside grasp, left on round—walk forward. Opposite side.
38. Hang—knees forward—walk backward.
39. Bent arm hang—walk forward.
40. Bent arm hang—walk backward.
41. Cross hang, right on outside, left on round—walk backward. Opposite side.
42. Hang—raise knees forward—legs to half lever—return.
43. Hang—raise legs to half lever.
44. Cross hang, right inside grasp on rail, left on round—walk backward. Opposite side.
45. From slanting board—jump down to cross hang on outside—off.
46. Same as 45, adding second jump before dropping.
47. Hang—raise knees forward—toes to ladder.

HORIZONTAL LADDER.

Third Grade.

1. Cross hang on outside—walk forward.
2. Hang—walk backward.
3. Hang—raise knees forward—straighten right leg forward—return. Same left. Both at once.
4. Hang, right knee forward—walk forward. Same, left forward.
5. Raise legs to half lever.
6. Hang, right knee forward—walk backward. Same, left knee forward.
7. Reverse grasp on rounds—knees forward—chin.
8. Legs to half lever—spread—return.
9. Hang—walk forward, alternate raising right and left knee as corresponding arm advances. Same, walking backward.
10. Hang—swing feet up to round—walk between hands—return.
11. Hang—swing feet up to round—walk between hands to back hang—off.
12. Hang—walk forward, two steps at a time with each hand.
13. Hang—swing feet up to round—walk out until body is straight—down.
14. Hang—walk backward, two steps at a time with each hand.
15. Hang—swing feet up to round—walk forward, using corresponding arm and leg at same time. Same, using opposite arm and leg at same time.
16. Hang—jump forward across ladder.

17. Hang—jump backward.
18. Hang—swing feet up to round—walk backward, using corresponding arm and leg at same time. Same, using opposite arm and leg.
19. Hang—knees forward—walk forward. Same, backward.
20. Hang—swing feet up to round—travel forward, using both feet and then both arms at same time. Same, backward.
21. Side hang on outside—walk sideways right. Same left.
22. Side hang—swing feet up to opposite rail.
23. Side hang—right knee forward—walk sideways right. Opposite side.
24. Side hang—swing feet up to rail—feet between hands to back hang—off.
25. Side hang—swing feet up to opposite rail—walk sideways right. Same left.
26. Side hang—walk sideways right, alternate raising right and left knee as corresponding arm advances. Opposite direction.
27. Side hang—raise knees forward—toes to rail.
28. Side hang—jump sideways right. Same left.
29. Hang—swing right foot up to round, left leg and body straight. Opposite side.
30. Side hang—knees forward—walk sideways right. Same left.
31. Side hang—swing right foot up to opposite rail, left leg and body straight. Opposite side.
32. Cross hang on rounds—walk forward.

33. Hang, right outside, left on round—jump to opposite side—down. Opposite side.
34. Hang on rounds—walk backward.
35. Hang—walk forward, swinging sideways.
36. Hang, right outside, left reverse on round—jump to opposite side. Opposite side.
37. Hang—walk backward, swinging sideways.
38. Side hang—walk sideways right, swinging sideways. Same left.
39. Hang, inside grasp—off with half right turn. Same left.
40. Hang, right knee forward—jump forward. Same, left forward.
41. Hang, inside grasp—off with three-quarter right turn. Same left.
42. Hang, right knee forward—jump backward. Same, left forward.
43. Hang on outside—jump to hang on round—return.
44. Hang on outside—jump to reverse grasp on round—return.
45. Side hang, right knee forward—jump sideways right. Opposite side.
46. Side hang, reverse grasp on inside of rail—jump to common grasp on inside of opposite rail.
47. Side hang, reverse grasp on inside of rail—jump to common grasp on inside of opposite rail—jump to reverse grasp on outside of same rail—down.
48. Hang on rounds, right knee forward—walk forward. Opposite side.
49. Side hang on outside of rail—jump to hang on inside of opposite rail.

HORIZONTAL LADDER.

Fourth Grade.

1. Cross hang on rounds, right knee forward—walk backward. Same, left forward.
2. Side hang on outside—walk sideways right passing left hand under right. Opposite side.
3. Hang—knees forward—jump forward. Same backward.
4. Side hang on outside—jump to inside grasp on rounds.
5. Side hang, inside grasp on rounds—jump backward to side hang on outside.
6. Side hang—knees forward—jump sideways right. Same left.
7. Side hang—walk sideways right, passing left hand over right. Opposite side.
8. Hang on rounds—knees forward—walk forward.
9. Side hang on outside—jump to inside grasp on rounds—return.
10. Cross hang, inside grasp—walk forward.
11. Side hang—jump with quarter right turn to cross hang on round. Same left.
12. Cross hang, inside grasp—walk backward.
13. Bent arm hang—walk forward. Same, backward.
14. Side hang on rounds—walk sideways right, skipping one round. Same left.
15. Cross hang, right leg forward—walk forward. Same, left forward.
16. Cross hang, right leg forward—walk backward. Same, left forward.

17. Cross hang—jump with quarter right turn to side hang on rounds. Same left.

18. Side hang, reverse grasp on outside of rail—walk sideways right. Same left.

19. Hang on rounds—jump forward. Same backward.

20. Side hang, right leg forward—walk sideways right. Opposite side.

21. Side hang, reverse grasp on outside of rail—travel sideways right, half left turn, then half left turn again—continue across ladder. Opposite direction.

22. Side hang, reverse grasp on inside of rail—walk sideways right. Same left.

23. Jump with three-quarter right turn to cross hang on outside. Same left.

24. Side hang on rounds—jump sideways right. Same left.

25. Side hang—walk sideways right, alternate raising right and left leg as corresponding arm advances. Opposite direction.

26. Jump with three-quarter right turn to side hang on rounds. Same left.

27. Cross hang on outside, right leg forward—jump forward. Same, left forward.

28. Hang—knees forward—feet to ladder—straighten body between rounds to back hang, head down.

29. Side hang on outside—knees forward—feet between hands and just beyond ladder—walk sideways right. Same left.

30. Hang, right leg forward—jump backward. Same, left forward.

31. Hang—legs to half lever—upward to ladder.

32. Side hang, right leg forward—jump sideways right. Opposite side.
33. Side hang on inside of rail—knees forward—circle over ladder.
34. Inside hang—chin twice.
35. Cross hang on round—right leg forward—walk forward. Same, left forward.
36. Inside hang—legs to half lever—chin.
37. Cross hang, right outside, left on round—jump forward. Opposite side.
38. Hang on round—right leg forward—walk backward. Same, left forward.
39. Reverse grasp on round—walk forward. Same backward.
40. Inside hang—jump forward. Same backward.
41. Bent arm side hang—jump sideways right. Same left.
42. Hang on rounds—walk forward, skipping one. Same, skipping two.
43. Cross hang—knees forward—feet up between rounds, circling through to riding seat on top of ladder.
44. Jump forward on rounds, skipping one.

HORIZONTAL LADDER.

Fifth Grade.

This grade must be largely a review of the various jumping and traveling exercises of the Fourth Grade. The distance covered, or the speed, or both, may be increased.

These exercises may be done with right or left, or both, knees or legs forward, etc.

Various lively mounts to upper side of ladder, with **traveling exercises on top** will also come under this head.

CHAPTER X.

SLANTING LADDER.

First Grade.

Under side—facing ladder. Ladder making about 60 degree angle with the floor.

1. Jump to hang on outside—down.
2. Hang—chin.
3. Hang—raise right knee forward. Same left. Alternate.
4. Jump to hang, right on outside, left on round—down. Opposite side. Alternate.
5. Jump to hang, right inside on rail, left on round—down. Opposite side. Alternate.
6. Hang—raise knees forward—straighten right leg forward to round—return. Same left. Alternate.
7. Jump to inside hang—down.
8. Inside hang—jump to hang on round below.
9. Hang on outside—change right hand to round—return. Same left.
10. Hang on outside—jump to hang on round.
11. Hang—swing sideways.
12. Jump to hang, right outside, left reverse on round. Opposite side. Alternate.
13. Hang, right on outside, left on round—jump to right on round, left on outside. Opposite side.

14 Hang, right outside, left inside, on rails down
Opposite side. Alternate.

15. Hang, right outside, left inside, on rails—jump to
hang on round. Opposite side.

Under side, facing out. Ladder, 45 degrees or less.

16. Jump to hang on outside—down.

17. Hang—alternate raising right and left knee for-
ward.

18. Hang—raise both knees forward.

19. Hang—swing sideways.

20. Hang—chin.

21. Jump to hang on round.

22. Hang on round—chin.

23. Reverse grasp hang on round.

24. Reverse grasp hang on round—chin.

25. Hang—raise knees forward—straighten right leg
forward—return. Same left. Alternate.

26. Jump to hang, right outside, left on round—down.
Opposite side. Alternate.

27. Jump to inside grasp—down.

28. Inside hang—jump to reverse grasp on round be-
low.

29. Jump to hang, right outside, left inside on rails—
down and up to opposite side.

30. Hang, right outside, left inside on rails—jump to
reverse grasp on round. Opposite side.

Under side, facing ladder. Ladder, 45 to 60 degrees.

31. Hang on round—jump to right outside, left inside,
on rails. Opposite side.

32. Hang—raise feet on round—walk up, using cor-

responding arm and leg at same time—return same. Repeat quickly.

33. Reverse grasp on round—jump to inside grasp—down.

34. Hang—feet on round—walk up, using opposite arm and leg at same time—return same. Repeat quickly.

35. Hang on round—jump to hang on outside.

36. Hang on round—feet on round—walk up, using corresponding arm and leg at same time—to hang, hands outside—walk down.

37. Same as exercise 36, using opposite arm and leg.

38. Repeat exercises 36 and 37 quickly.

39. Hang—raise knees forward—straighten right leg forward between rounds, left foot on round. Opposite side.

40. Reverse grasp on round—jump to common grasp on round below.

41. Common grasp on round—jump to common grasp on round below.

SLANTING LADDER.

Second Grade.

Under side, facing ladder. Ladder, 45 to 60 degrees.

1. Inside hang—feet on round—walk up, using corresponding arm and leg at same time—return same. Same, using opposite arm and leg at same time.

2. Hang on round—step right to next round—follow with left—drop. Opposite side.

3. Hang, right reverse on round, left on outside—feet on round—walk up, using corresponding arm and leg at same time—return. Same, using opposite arm and leg.

4. Repeat exercises of 3 with left hand reverse, right outside.

5. Hang on round—chin twice.

6. Hang—swing sideways, walking up—down same.

7. Hang—raise knees forward—straighten legs forward between rounds—return.

8. Reverse grasp on round—feet on round—walk up, using corresponding arm and leg at same time. Same, using opposite arm and leg.

9. Hang—raise legs to half lever, spreading ladder.

10. Swing sideways, walking up short distance—drop.

11. Repeat exercise 10 several times, increasing height of drop.

Under side, facing out. Ladder, 45 degrees or less.

12. Hang on outside—raise knees forward—straighten legs forward—return.

13. Hang—swing sideways, walking up—down.

14. Hang—raise legs to half lever—down.

15. Hang—swing sideways, walking up—drop.

16. Hang—swing sideways, walking up—jump down on outside.

At side of ladder. Ladder, 60 degrees or more.

17. Jump to hang, right on round, left on rail—down. Opposite side.

18. Hang, right on round, left on rail—chin. Opposite side.

19. Jump to hang, right inside grasp on round, left on rail—down. Opposite side.

20. Hang, right on round, left on rail—raise knees forward—straighten right leg forward—return. Opposite side.

21. Hang, right on round, left on rail—raise knees forward—straighten legs forward. Opposite side.

22. Hang, right on round, left on rail—raise legs to half lever—return. Opposite side.

23. Hang, right on round, left on rail—walk up several steps with left hand—return. Opposite side.

24. Hang, right on round, left on rail—walk up several steps with right hand—return. Opposite side.

Ladder as near perpendicular as possible.

25. Hang, right on round, left on rail—raise feet on rounds, spreading ladder—down. Opposite side.

26. Hang, right on round, left on rail—raise feet on round, spreading ladder—walk up, using corresponding arm and leg—return. Same, using opposite arm and leg.

27. Repeat exercises of 26 on opposite side of ladder.

Under side, facing ladder. Ladder, 45 to 60 degrees.

28. Jump to hang on outside—off with quarter right turn. Same left.

29. Hang—off with half right turn. Same left.

30. Hang—off with three-quarter right turn. Same left.

31. Hang—walk up several steps with right hand—return. Same left. Alternate.

32. Hang—swing sideways, walking up—at top, hands on rounds—walk down, right hand leading. Same, left hand leading on return.

33. Hang on outside—walk up—return.

34. Hang—swing sideways, walking up—at top, hands on rounds—walk down, each hand skipping one round. Same, jumping down on rounds on return.

35. Walk up—drop. Repeat several times, increasing height of drop.

Under side, facing out. Ladder, 45 degrees or less.

36. Hang—swing sideways, walking up—at top, hands on rounds—walk down, right hand leading. Same, left hand leading on return.

37. Same as exercise 36, skipping one round with each hand on return.

38. Same as exercise 36, jumping down on rounds, reverse grasp.

39. Walk up—down.

40. Walk up—drop. Repeat several times, increasing height of drop.

Under side, facing ladder.

41. Walk up—drop. Repeat several times, increasing height of drop.

SLANTING LADDER.

Third Grade.

Under side, facing ladder. Ladder about 60 degrees.

1. Hang on outside—raise legs to half lever, spreading ladder.

2. Hang—raise knees forward—chin.

3. Hang, right on outside, left on round—jump to opposite side. Opposite side.

4. Raise knees forward—straighten legs forward, spreading ladder.

5. Right, inside grasp on rail, left on round—jump to opposite side. Opposite side.

6. Hang—raise feet on round—jump hands down twice on outside—return.

7. Inside hang—jump to second round below.
8. Hang on round—feet on round—jump hands down twice on rounds—return.
9. Hang on outside—jump to hang on round—return.
10. Hang—swing sideways, walking up—drop.
11. Right outside, left reverse on round—jump to opposite side. Opposite side.
12. Hang on round, left reverse—raise legs to half lever with quarter right turn. Opposite side.
13. Hang on round—jump to second round below.
14. Right outside, left inside on rails—jump to opposite side. Opposite side.
15. Reverse grasp on round—jump to hang on right rail, right outside, left inside. Opposite side.
16. Hang—raise feet to round—slide through to hollow back—return.
17. To same position as in 16—jump hands to rounds—return.
18. Hang on round—jump up to hang on right rail, right outside, left inside. Opposite side. Alternate. Under side, facing out. Ladder, 45 degrees or less.
19. Hang—raise legs to half lever.
20. Hang—raise knees forward—alternate straightening right and left leg forward. Both at once.
21. Swing sideways, walking up—drop.
22. Hang on round—chin twice.
23. Hang on round—jump to reverse grasp on round below.
24. Reverse grasp on round—jump to reverse grasp on round below.

25. Hang on round—step right to next round—return. Same left.

26. Reverse grasp on round—step right to reverse grasp on next round—return. Same left.

Under side, facing in. Ladder, 45 to 60 degrees.

27. Hang on round—jump to right outside, left inside on rails—to round—to opposite side.

28. Hang—feet on round—walk up, using corresponding arm and leg at same time—return same. Same, using opposite arm and leg.

29. Reverse grasp on round—jump down to inside grasp—return to reverse on round—to outside hang—down.

30. Hang—feet on round—walk up, using corresponding arm and leg at same time—drop. Same, using opposite arm and leg.

31. Hang on round—feet on round—walk up, using corresponding arm and leg at same time—hands on outside—jump down to outside. Same, using opposite arm and leg.

32. Hang on right rail, right outside, left inside—jump to hang on round—to same position left—down. Opposite side.

33. Hang—left foot on right knee—swing sideways, walking up—return. Same, right foot on left knee.

34. Hang on round—jump to round above—return.

35. Hang on round—jump to round below—return.

Upper side of ladder. Ladder about 60 degrees.

36. Hang on outside, feet on round—walk up, using corresponding arm and leg at same time—return. Same, using opposite arm and leg.

37. Inside grasp on rails, feet on round—walk up, using corresponding arm and leg—return. Same, using opposite arm and leg.

38. From floor—jump to stand on round—balance.

39. Hands and feet on round—walk up, using corresponding arm and leg. Same, using opposite arm and leg.

40. Same as exercises in 39 with hands reverse grasp on round.

Under side, facing ladder. Ladder about 60 degrees.

41. Hang on outside—walk up—down.

42. Hang on outside—walk up—drop. Repeat several times, increasing height of drop.

43. Inside hang—chin twice.

44. Hang—knees forward—swing sideways, walking up.

45. Hang, left foot on right knee—right foot on round—walk up, right hand, left hand, foot—repeat—return same. Same, right foot on left knee.

46. Same position as for 45—use both hands at once.

47. Hang on round—raise feet on round—jump down several rounds with hands—return.

48. Hang on round—right foot on round—jump down several rounds with hands—return. Opposite side.

SLANTING LADDER.

Fourth Grade.

Under side, facing ladder. Ladder, 45 to 60 degrees.

1. Hang on outside—walk up—down.

2. Hang on outside—raise right foot on round—jump hands to catch several rounds below—return. Opposite side.

3. Inside grasp—feet on round—walk up, using corresponding arm and leg. Same, using opposite arm and leg.

4. Hang on round—walk up, right hand leading. Same left.

5. Hang on round, left reverse grasp—left foot on right knee—raise right leg to half lever, with half right turn. Opposite side.

6. Inside grasp—walk up, right hand leading. Same left.

7. Hang on round—jump to round above—drop.

8. Reverse grasp on round—feet on round—walk up, using corresponding arm and leg—return. Same, using opposite arm and leg.

9. Hang on outside—raise legs to half lever, spreading ladder—jump in to hang on round—off.

Under side, facing out. Ladder, 45 degrees or less.

10. Hang—raise legs to half lever—spread—return.

11. Hang on outside—jump to reverse grasp on round—return.

12. Hang—walk up—down.

13. Hang, right outside, left on round—jump to opposite side. Opposite side.

14. Knees forward—feet between hands to back hang—drop.

15. Hang on rails, right outside, left inside—jump to opposite side. Opposite side.

Under side, facing ladder. Ladder, 45 to 60 degrees.

16. Hang—knees forward—feet between hands to back hang—return.

At side of ladder.

17. Right on round, left on rail—walk up—return. Opposite side.

18. Right, inside grasp on round, left on rail—walk up—return. Opposite side.

19. Right on round, left on rail—legs to half lever—jump down, right on round below, left lower on outside. Opposite side.

Ladder nearly perpendicular.

20. Right on round, left on rail—feet on rounds, spreading ladder—walk up, using corresponding arm and leg. Opposite side.

21. Same as 20, using opposite arm and leg.

22. Left on round, right on rail—feet on rounds, spreading ladder—travel up, both feet at once, both hands at once. Opposite side.

At side of ladder. Ladder, 45 degrees or less.

23. Right on rail, left on round—off with half left turn. Opposite side.

24. Right on rail, left on round—off with three-quarter right turn. Opposite side.

25. Right on rail, left on round—jump with quarter right turn to cross hang on round. Opposite side.

Upper side. Ladder, 60 degrees or more.

26. Hands on outside, feet on round—walk up, using corresponding arm and leg—over right side of ladder and return same on under side. Same, going over opposite side.

27. Same as 26, using opposite arm and leg.

28. Walk up quickly, using corresponding arm and leg—turn right to under side—drop. Same, turning left.

29. Same as 28, using opposite arm and leg.

30. Hands and feet on rounds—travel up, using first both hands, then both feet at same time.

31. Hands on outside, feet on round—walk up, using corresponding arm and leg, skipping two rounds with each foot. Same, using opposite arm and leg.

32. Walk up, using corresponding arm and leg at same time—slide down on rails. Same, using opposite arm and leg in ascent.

33. Back to ladder, hands on outside, feet on round—walk up, using corresponding arm and leg at same time—return same. Same, using opposite arm and leg.

34. Same as exercises in 33—return, sliding down on rails.

35. Ascend as in exercises in 33—turn to lower side—jump down on outside.

Under side. Ladder, 45 to 60 degrees.

36. Hang on outside—jump up—return.

37. Hang on outside, feet on round—walk up, using corresponding arm and leg at same time—turn right to upper side—slide down on rails. Same, turning left to upper side.

38. Same as exercises in 37, using opposite arm and leg in ascent.

39. Jump up—drop. Repeat several times, increasing height of drop.

40. Walk up rapidly—slide down on rails.

41. Back to ladder—walk up, using corresponding arm and leg at same time—return same. Same, using opposite arm and leg.

42. Same as ascent in exercises in 41—slide down on rails.

SLANTING LADDER.

Fifth Grade.

Much time may be profitably spent on a long slanting ladder, learning to mount to the top on the upper or lower side easily and quickly, and return as well; learning to drop from considerable heights; sliding down rails on the upper side without use of hands, either forward or backward; ascending and descending without use of hands, and carrying bundles; traveling up and down the lower side with use of hands only, on rails and rounds, or a combination; turning quickly to opposite side of ladder while ascending or descending, etc. All these exercises are of a practical nature.

CHAPTER XI.

FLYING RINGS.

Height 7 feet 6 inches to 8 feet.

First Grade.

1. Jump to hang—down.
2. Hang—chin.
3. Hang—raise right knee forward. Same left. Alternate.
4. Hang—raise both knees forward.
5. Hang—raise right leg forward. Same left. Alternate.
6. Hang—chin—straighten right arm sideways. Same left. Alternate.
7. Jump to hang with forward straddle right. Same left. Alternate.
8. Hang—raise knees forward—straighten right leg forward. Same left. Alternate.
9. Hang—twist arms several times quickly.
10. Hang—chin twice.
11. Hang—swing legs forward and backward.
12. Hang—release left hand and grasp right wrist—chin. Opposite side. Alternate.
13. Swing feet up between rings—return.
14. Hang—chin—twist rings several times.
15. Swing legs forward and backward—on each for-

ward swing forward straddle right. Same left. Alternate.

16. Hang, right foot on left knee—swing legs forward and backward. Opposite side.

17. Hang—raise right leg forward—right down and left up at same time—left down—off. Opposite side.

18. Swing feet up between rings, and spread, right leg down on right arm—return. Opposite side. Alternate.

19. Chin—straighten right arm through ring to elbow hang right. Same left. Alternate.

20. Swing legs forward and backward—on each backward swing, front straddle, right leg backward. Same left. Alternate.

21. Hang—raise knees to chest—return.

22. Hang—chin—straighten right arm to elbow hang—then left—return. Opposite side.

23. Swing feet up between rings—spread, right leg down on right arm—jump to spread, left on left—down. Opposite side.

24. Chin—straighten right arm to upper arm hang—return. Same left. Alternate.

25. Hang—swing legs sideways.

26. Chin—straighten right arm to upper arm hang—then left—return. Opposite side.

27. Swing legs to spread up over right arm—return. Same left. Alternate.

28. Swing legs forward and backward—alternate forward straddle right on each forward and backward swing. Same left. Alternate.

29. Hang—knees forward—straighten right leg forward placing left foot on right knee. Opposite side. Alternate.

30. Swing legs forward and backward—on forward swing forward straddle right, on backward swing forward straddle, left leg backward. Opposite side. Alternate.

31. Chin three times.

32. Hang—place left foot on right knee—raise right leg to half lever. Opposite side. Alternate.

33. Chin—raise right leg forward—return. Same left. Alternate.

34. Chin—raise knees forward—return.

FLYING RINGS.

Shoulder Height.

Second Grade.

1. Lean backward to hanging stand—return.

2. Lean forward to hanging stand, arms overhead—return.

3. Lean backward to hanging stand—bend right arm, straightening left sideways—return. Opposite side. Alternate.

4. Lean backward to hanging stand—return to position by moving arms sideways.

5. Lean backward to hanging stand—release right hand and grasp left ring—return as ring returns. Opposite side. Alternate.

6. Lean backward to hanging stand—release right hand and grasp left ring—jump both to right as it returns—catch left—to position.

7. Lean forward to hanging stand, arms going up backward—return.

8. Lean backward to hanging stand—release left hand with quarter left turn—bend and straighten right arm—return. Opposite side.

9. Feet together on mat—circle body **in right circle**. Same left.

10. Jump feet to rings, arms straight.

11. Jump legs between rings—spread down on right arm—return. Same left. Alternate.

12. Jump feet between rings—turn over to mat.

13. Jump and spread up over right arm. Same left. Alternate.

14. Jump feet between rings—turn over to mat—return.

15. Jump legs between rings—spread down on right arm—jump to spread on left—down. Opposite side.

16. Jump legs between rings—spread down over both arms—return.

17. Jump, spreading up over both arms—return.

18. Chin—raise right leg forward—return. Same left. Alternate.

19. Jump legs between rings—spread right leg down on left arm—return. Opposite side. Alternate.

20. Chin—place left foot on right knee—raise right leg to half lever. Opposite side. Alternate.

21. Jump legs between rings—spread right leg down on left arm—jump to opposite side—down. Opposite side.

22. Chin—swing legs forward and backward.

23. Chin—swing legs sideways.

24. Chin—raise knees forward—straighten right leg forward. Same left. Alternate.

25. Elbow hang—alternate raising right and left leg forward.
26. Elbow hang—swing legs forward and backward.
27. Elbow hang—swing legs sideways.
28. Upper arm hang—swing legs forward and backward.
29. Upper arm hang—swing legs sideways.
30. Upper arm hang, arms forward—move arms sideways—return.
31. Jump legs between rings—bend and straighten legs.
32. Jump legs between rings—bend and straighten arms.
33. Feet between rings—bend arms and straighten legs at same time—return and repeat.
34. Jump feet between rings—spread left leg down on right arm—return leg to between rings—repeat over right arm. Opposite side.
35. Jump feet between rings—both down on right arm. Opposite side. Alternate.
36. Jump legs between rings—cut out, right leg over right arm—regrasp ring. Opposite side. Alternate.
37. Jump legs between rings—both down on right arm—jump both on left—return. Opposite side.
38. Jump legs between rings—cut out, both legs over right arm—regrasp ring. Opposite side. Alternate.
39. Chin—knees forward—straighten right leg forward placing left foot on right knee—return. Opposite side. Alternate.
40. Chin—change left hand to right ring—return. Opposite side. Alternate.

41. Chin—raise legs to half lever—return.
42. Chin—right knee forward—change left hand to right ring—return. Opposite side. Alternate.
43. Jump feet between rings to back hang and drop, quickly.

FLYING RINGS.

Height 7 feet 6 inches to 8 feet.

Third Grade.

1. Hang—chin twice.
2. Raise legs to half lever.
3. Knees forward—chin—release right hand and grasp left ring—return. Opposite side. Alternate.
4. Chin—swing legs forward and backward—off on backward swing. Repeat and off on forward swing.
5. Raise knees forward—straighten legs to half lever—return.
6. Swing legs forward and backward—off backward with quarter right turn. Same left.
7. Raise knees forward—chin—return.
8. Swing legs forward and backward—swing legs to between rings—return, pulling up to chin.
9. Chin—alternate straightening right and left arm sideways.
10. Raise legs to half lever.
11. Knees forward—chin—release left hand and lower arm to side—regrasp. Opposite side. Alternate.
12. Chin—raise right leg forward—release right hand and grasp left ring—return. Opposite side. Alternate.
13. Swing legs forward and backward—off backward with half right turn. Same left.

14. Knees forward—chin twice.
15. Chin—raise right leg forward—release left hand and lower arm to side—return. Opposite side. Alternate.
16. Hang—raise knees forward and feet slowly to rings—return.
17. Raise knees forward and feet up to rings—bend and straighten arms.
18. Chin slowly, twisting arms rapidly.
19. Swing legs forward and backward—off on forward swing with quarter right turn. Same left.
20. Raise legs to half lever—spread—return.
21. Hang—swing body in right circle. Same left.
22. Chin three times.
23. Knees forward—chin—turn over to back hang—to mat.
24. Chin—swing legs up between arms—spread right leg down on right arm—return. Same left. Alternate.
25. Knees forward—chin—turn over to back hang—return.
26. Chin—swing to spread up over right arm—return. Same left. Alternate.
27. Chin four times.
28. Swing legs—off forward with half right turn. Same left.
29. Raise legs to half lever—spread twice.
30. Chin—swing body in right circle. Same left.
31. Chin—knees forward—feet to rings, straightening arms—spread down on right arm—jump to spread on left—down. Opposite side.

32. Swing legs between rings—spread left leg down on right arm—return. Opposite side. Alternate.

33. Chin—knees forward—turn to spread up over right arm—return. Same left. Alternate.

34. Chin—swing legs up between rings—both down on right arm—return. Opposite side. Alternate.

35. Raise knees forward and slowly to rings—catch toes in rings, turning over to back hang, toes in rings—return.

36. Chin—swing legs up outside of right arm—return. Opposite side. Alternate.

37. Raise knees forward and slowly to rings—catch toes in rings—turn over to back hang, toes in rings—off backward.

38. Chin—knees forward—turn slowly to feet between rings and both legs down on right arm—return. Same left. Alternate.

39. Raise right leg forward and upward to rings—down. Same left.

40. Swing feet up between rings and return—repeat.

41. Knees forward—turn over slowly to back hang and to mat.

42. Chin—swing legs up between rings, straightening arms—return—repeat.

FLYING RINGS.

Height 6 feet 6 inches to 7 feet.

Fourth Grade.

1. Raise legs to half lever—spread—return.

2. Swing several times—work up by using the feet on the floor at middle of each swing. Same with half turn at end of each swing.

3. Left foot on right knee—raise right leg to half lever and then upward to rings—return. Opposite side.

4. Chin—swing legs—off backward with quarter right turn. Same left.

5. Raise legs to half lever—spread—raise upward to rings—return.

6. Slowly, knees forward—feet between rings—spread down on right arm—return. Same left. Alternate.

7. Swing, pulling up to chin on each forward swing.

8. Knees forward—chin—legs to half lever—return.

9. Chin—swing legs—off backward with half right turn. Same left.

10. Slowly, knees forward—feet between rings—both legs down on right arm—return. Opposite side. Alternate.

11. Raise knees forward—feet between rings—bend and straighten arms—return.

12. Chin—swing legs—off forward with quarter right turn. Same left.

13. Swing with forward straddle right on each forward and backward swing. Same left.

14. Swing, pulling up to chin on each backward swing.

15. Slowly, knees forward—turn to spread up over right arm—return. Opposite side. Alternate.

16. Chin—raise legs to half lever—return.

17. Raise legs to half lever—chin.

18. Swing with half turn and side straddle at end of each swing.

19. Chin—swing legs—off forward with half right turn. Same left.

20. Slowly, knees forward—feet up between rings—

spread left leg down on right arm—return. Opposite side. Alternate.

21. Circle body in right circle while slowly pulling up to chin. Opposite side.

22. Knees forward—feet up between rings—straighten body back to back hang, head down—return.

23. Swing legs sideways while pulling up to chin.

24. Raise legs to half lever and up to rings.

25. Swing legs up between rings—spread down over right arm, cutting off to mat. Same left.

26. Swing legs—spread up over right arm, cutting off backward to mat. Same left.

27. Swing legs up between rings—cut out, right leg over left arm—regrasp left ring. Opposite side. Alternate.

28. Holding rings together—cut backward over both to mat.

29. Knees forward—feet to rings—straighten body to back hang, head down—return.

30. Swing legs between rings—cut forward over both to mat.

31. Raise legs to half lever—upward to rings.

32. One hand on each ring—cut over backward to mat.

33. Raise legs to half lever and upward to rings—cut out, both legs over right arm—regrasp ring. Opposite side. Alternate.

34. Raise legs to half lever and upward to rings—straighten body to back hang, head downward—return.

35. Chin—to front elbow hang—change to back elbow hang—down.

36. Swing body up between rings to back hang, head down.
37. Knees forward—chin while swinging legs sideways.
38. Hang on one ring—backward cut off.
39. Raise legs to half lever—turn over slowly to mat.
40. Knees forward—straighten right leg forward—chin while swinging legs sideways. Same, left forward.
41. Swing body up to back hang, head down.
42. Raise legs to half lever—turn over slowly to mat—return.
43. Raise legs to half lever—chin—spread legs—return.
44. Swing legs forward and backward—off backward with three-quarter right turn. Same left.
45. Legs to half lever—chin twice.
46. Swing legs forward and backward—off forward with three-quarter right turn. Same left.
47. Legs to half lever—spread—raise legs to rings—return.
48. Chin—swing legs—off backward with three-quarter right turn. Same left.
49. Chin—swing legs—off forward with three-quarters right turn. Same left.
50. Backward dislocate.

FLYING RINGS.

Fifth Grade.

It is difficult to secure a supply of advanced exercises upon the rings that are not extremely difficult.

In swinging exercises, all except the plain swing may be considered as advanced work.

The exercises to be first learned while swinging are as follows:

One-half turn at the end of each forward swing, so as to continually face the direction of swing.

Increasing the swing by drawing up the legs on the backward swing, and swinging well out at the end of the forward swing.

At the end of forward or backward swings cut-off, one leg over one arm and regrasp.

Swing—Toe-catch on rings, back hollow.

Forward and backward cut-off from stand.

Forward cut-off on backward swing.

Same and regrasp rings.

Backward cut-off on forward swing.

Other cuts and catches become very difficult.

From stand—Pull up to bent arm rest, right and left.

Both at once and push to cross rest.

Same from swing.

Upstarts, with or without swing.

Upstarts and rolls, dislocates, etc.

GENERAL MASSED CLASS EXERCISES

CHAPTER XII.

NO. 1. BUCK EXERCISES.

1. Spread over buck.
2. Spread over buck with quarter right and left turn.
3. Spread over buck with half right and left turn.
4. To front rest on buck—spread over.
5. Squat on buck—over.
6. Flank vault right and left.
7. Flank vault right, quarter right turn. Opposite side.
8. Squat on buck—off forward with quarter right turn. Same left.
9. Squat on buck—off forward with half right turn. Same left.
10. Spread over buck—forward roll on mat.

NO. 2. BUCK EXERCISES.

1. Spread over buck.
2. Spread over buck with quarter right and left turn.
3. Spread over buck with half right and left turn.
4. Spread over buck with three-quarter right and left turn.
5. Squat on buck—over.

6. Squat over buck.
7. Wolf position on right foot—over. Same **left**.
8. Wolf vault right and left.
9. Flank vault right and left.
10. Flank vault right, quarter right turn. Opposite side.
11. Flank vault right, half right turn. Opposite side.
12. Spread buck—forward roll.
13. Spread buck with half right turn—backward roll. Same, turning left.

No. 3. BUCK EXERCISES.

1. Spread over buck.
2. Spread over buck with half right and left turn.
3. Spread over buck with three-quarter right and left turn.
4. Spread over buck with full turn right and left.
5. Squat on buck—over.
6. Squat over buck.
7. Flank vault right and left.
8. Flank vault right, half right turn. Opposite side.
9. Flank vault right, three-quarter right turn. Opposite side.
10. Squat on buck—jump off forward touching toes forward.
11. Squat on buck—jump off forward touching heels backward.
12. Spread over buck—forward roll.
13. Spread over buck with half turn—roll backward.
14. Spreak backward over buck.

CHAPTER XIII.

No. 1. JUMPING STANDARDS—FRONT.

Low—1 foot 6 inches to 2 feet 6 inches.

Running.

1. Leap from right foot. Same left.
2. Leap from right foot, quarter turn. Opposite side.
3. Jump over.
4. Jump over with quarter right and left turn.
5. Leap from right foot with half right turn. Opposite side.
6. Jump over with half right and left turn.
7. Leap from right foot with quarter turn. Opposite side.
8. Hop over right and left.
9. Hurdle over from right and left foot.

No. 2. JUMPING STANDARDS—FRONT.

Repeat all exercises of first list.

1. Leap from right foot with half left turn. Opposite side.
2. Leap from right foot with three-quarter right turn. Opposite side.
3. Jump over with three-quarter right and left turn.
4. Jump over with legs straight, arms overhead.
5. Dive.

No. 3. JUMPING STANDARDS—FRONT.

1. Leap from right and left foot.
2. Jump over.
3. Leap from right foot with half right turn. Opposite side.
4. Jump over with half right and left turn.
5. Leap from right foot with half left turn. Opposite side.
6. Leap from right foot with full turn right. Opposite side.
7. Jump over with full turn right and left.
8. Leap from right foot with three-quarter left turn. Opposite side.
9. Leap from right foot with full left turn. Opposite side.
10. Leap from right foot and touch toes forward. Same left.
11. Jump over and touch toes forward.
12. Jump over and touch heels backward.
13. Dive.
14. Frog—spread over.

CHAPTER XIV.

No. 2. MAT EXERCISES.

Lists 1, 3, 5, same as 1, 2, 3, Low Jumping Standards—Front.

1. Standing broad jump.
2. Two standing broad jumps.
3. Stand—jump with half right and left turn.
4. Run—hop forward right and left.
5. Step forward right to left. Left to right.
6. Two hops forward right and left.
7. Hop and step, starting right. Opposite side.
8. Stand—jump with full turn right and left.
9. Roll forward.
10. Frog—spread forward.

No. 4. MAT EXERCISES.

1. Standing broad jump.
2. Two standing broad jumps.
3. Three standing broad jumps.
4. Stand—jump with full turn right and left.
5. Standing broad jump—jump with full turn right and left.
6. Roll forward.
7. Frog—spread forward.
8. Roll forward—frog—spread. Frog—spread—roll forward.

9. Jump sideways right and left.
10. Jump sideways right and return. Opposite side.
11. Jump backward.
12. Dive.
13. Roll backward.

NO. 6. MAT EXERCISES.

1. Leap from right foot and touch toes forward. Same from left foot.
2. Jump and touch toes forward. Same, several times in quick succession in place.
3. Jump and touch heels backward. Same, several times in succession in place.
4. Jump up with legs straight, arms overhead.
5. Repeat 2 traveling across the mats.
6. Repeat 3 traveling across the mats.
7. Hop, step and jump, starting right. Same left.
8. Jump backward. Repeat several times.
9. Frog—spread. Repeat across mats.
10. Roll forward. Repeat across mats.
11. Roll backward. Repeat across mats.

CHAPTER XV.

NO. 1. FREE EXERCISES WITH RUNNING.

1. Common run.
2. Legs straight.
3. Strike knees with hands.
4. Raising knees to chest.
5. Strike heels backward.
6. Arms at side horizontal.
7. Arms at front horizontal.
8. Arms overhead, palms forward.
9. Arms overhead, palms together.
10. Hands on hips.

NO. 2. FREE EXERCISES WITH RUNNING.

1. Hands on hips.
2. Arms overhead, thumbs locked.
3. Arms overhead, fingers locked.
4. Hands on hips—quarter right turn, run sideways.
Same, turning left.
5. Hands behind head, elbows wide.
6. Hands behind head, elbows close in front.
7. Arms folded backward.
8. Raising toes forward.
9. Raising heels backward.
10. Arms folded at front horizontal.

No. 3. FREE EXERCISES WITH RUNNING.

1. Arms overhead, back of hands together.
2. Arms overhead, fingers locked, palms up.
3. Hands behind head—swing elbows forward and backward.
4. Half right and left turn, running backward.
5. Touching toes forward.
6. Try to touch floor in front of feet while running.
7. Jumping.
8. Hopping on right and left foot.
9. Legs straight, hands behind head.
10. Squat low and run.

CHAPTER XVI.

JUMPING STANDARDS AND BUCK.

Six feet Apart.

1. Leap from right foot over stick—spread over buck.
From left foot.

2. Jump over stick—spread over buck.

3. Leap from right foot over stick—spread buck with
quarter right turn. Opposite side.

4. Leap from right foot over stick—spread over buck
with half right turn. Opposite side.

5. Leap from right foot over stick—squat on buck—
over. Same, from left foot.

6. Jump over stick—squat on buck—over.

7. Leap from right foot over stick—flank vault right
over buck. Opposite side.

8. Jump over stick with flank vault right and left.

9. Leap from right foot over stick—flank vault right
with quarter right turn. Opposite side.

10. Leap from right foot over stick—squat on buck—off
forward with quarter right turn. Opposite side.

11. Jump over stick—squat over buck.

CHAPTER XVII.

No. 1. BUCK AND JUMPING STANDARDS.

Low—6 feet apart.

1. Spread buck—jump over stick.
 2. Spread buck—jump over stick with quarter right and left turn.
 3. Spread buck—jump over stick with half right and left turn.
 4. Squat on buck—down—jump over stick.
 5. Squat on buck—down—jump over stick with quarter right and left turn.
 6. Squat on buck—down—jump over stick with half right and left turn.
 7. Flank vault right and left—jump over stick.
 8. Flank vault right—jump over stick with quarter right and left turn.
 9. Flank vault right—jump over stick with half right and left turn.
 10. Flank vault left—jump over stick with quarter left and right turn.
 11. Flank vault left—jump over stick with half left and right turn. For occasional use.
- Spread buck—jump over stick, raising stick for height.

No. 2. BUCK AND JUMPING STANDARDS.

Of List I use 1, 3, 4, 6, 7, 9, 11.

1. Spread buck—jump over stick with arms and legs straight.

2. Spread buck—jump over stick, touching toes forward.
3. Spread buck—jump over stick, touching heels backward.
4. Spread buck and jump stick, placing standards for distance.

No. 3. BUCK AND JUMPING STANDARDS.

Of List I use 1, 3, 4, 6.

1. Spread buck—jump over stick turning right and left as far as possible.
 2. Squat on buck—jump over stick turning right and left as far as possible.
 3. Of List I use 7, 9, 11.
 4. Spread buck—jump over stick, touching toes forward.
 5. Spread buck—jump over stick, touching heels backward.
 6. Squat over buck—jump over stick.
 7. Squat over buck—jump over stick with quarter right and left turn.
 8. Squat over buck—jump over stick with half right and left turn.
 9. Squat over buck—jump over stick with three-quarter right and left turn. For occasional use.
- Spread buck and jump over stick, raising both for height.

CHAPTER XVIII.

No. 1. SIDE HORSE AND BUCK.

About 6 feet apart.

1. Flank vault right and left over horse.
2. Flank vault right and left over horse—spread buck.
3. Flank vault right over horse—spread buck with quarter right and left turn.
4. Flank vault left over horse—spread buck with quarter right and left turn.
5. Squat on horse—down—spread over buck.
6. Squat on horse—down—spread buck with quarter right and left turn.
7. Squat on horse—down—squat on buck—over.
8. Squat on horse—down—squat on buck—over with quarter right and left turn.
9. Squat on horse—down—flank vault right and left over buck.

No. 2. SIDE HORSE AND BUCK.

1. Flank vault right and left over horse.
2. Flank vault right and left over horse—spread over buck.
3. Flank vault right over horse—spread buck with quarter right turn. Opposite side.
4. Flank vault right—spread buck with half right turn. Opposite side.
5. Flank vault right over horse—spread buck with half left turn. Opposite side.
6. Squat on horse—down—spread buck.

7. Squat on horse—down—spread buck with half right and left turn.

8. Squat on horse—down—squat on buck—over.

9. Squat on horse—down—squat on buck—over with half right and left turn.

10. Squat on horse—down—flank vault right and left over buck.

11. Flank vault right over horse and right over buck. Same, left over each.

12. Squat over horse—squat on buck—over.

NO. 3. SIDE HORSE AND BUCK.

1. Flank vault right and left over horse.

2. Flank vault right and left over horse—spread backward.

3. Flank vault right over horse—spread buck with quarter right turn. Opposite side.

4. Flank vault right over horse—spread buck with half right turn. Opposite side.

5. Flank vault right over horse—spread buck with three-quarter right turn. Opposite side.

6. Squat on horse—down—spread buck.

7. Squat on horse—down—squat on buck—over.

8. Squat over horse—squat on buck—over.

9. Flank vault right over horse and buck. Same left.

10. Flank vault right over horse and left over buck Opposite side.

11. Squat on horse—down—squat over buck.

12. Squat over horse and buck.

13. Squat on horse—jump to buck—off.

14. Squat on horse—spread over buck.

CHAPTER XIX.

No. 1. JUMPING STANDARDS—FROM SIDE.

1 foot 6 inches to 2 feet 6 inches.

1. Jump over from right and left side.
2. Jump over from right side with immediate return.
Opposite side.
3. From right side leap from left foot, touching toes forward. Opposite side.
4. From right side leap from right foot with half right turn. Opposite side.
5. From right side leap from left foot with quarter left turn. Opposite side.

No. 2. JUMPING STANDARDS—FROM SIDE.

1. Jump over from right side with immediate return.
Opposite side.
2. From right side leap from right foot, touching toes forward. Opposite side.
3. From right side leap from left foot with half right turn. Opposite side.
4. From right side leap from right foot with quarter left turn. Opposite side.
5. From right side jump over touching toes forward.
Opposite side. Standing side jump for height, right and left.

No. 3. JUMPING STANDARDS—FROM SIDE.

1. From right side jump over with immediate return twice over stick. Opposite side.
 2. From right side jump over touching toes forward and immediate return and same. Opposite side.
 3. From right side leap from right foot with half left turn. Opposite side.
 4. From right side leap from left foot with three-quarter right turn. Opposite side.
 5. From right side leap from left foot with full left turn. Opposite side.
- Running high jump from side.
-

CONCLUSION

In concluding the general massed class exercises it is necessary to explain the use of several combinations not here given.

1. For "Springboard" and "Springboard and Standards" same exercises are used as for "Jumping Standards—front."
2. For "Springboard and Buck," "Buck" exercises are used.
3. For the various combinations as "Standards, Side Horse and Buck," "Standards, Buck and Side Horse," "Buck, Standards and Side Horse," etc., the pieces are separated a distance of about six feet, and the exercises given for each singly are combined.
4. For the Standards close in front or behind Buck, the

"Buck" exercises are used. This may be made a means for contest by raising stick or buck or both.

5. Rolled mats at times make an interesting substitute for Standards, and may also be used in combination with the other pieces.

6. "Jumping Standards—side" are not given in the schedule, but make interesting work preliminary to side high jumping. The number opposite the piece scheduled refers to the number of list to be used.

7. The exercises may be adapted to the ability of the majority of the class by changing the heights of the various pieces. This also affords a method of progression during the season and in advanced classes.

RECREATION

Basket Ball is too valuable a game to be limited to five men on a side, so the author has so changed the rules for its use that the entire class may play at once.

Outside of Basket Ball, the game of three-deep tag is the most valuable for recreative exercises. This excepts, however, the use of the Medicine Ball for business men.

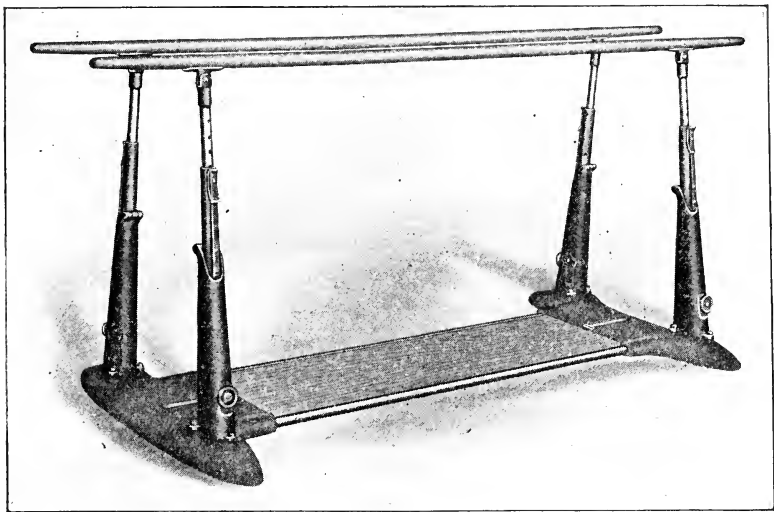
In the tug o' war sides are limited to 6 or 8, all standing, without cleats, and using either rope, pole or the arms around body.

The running races are of various lengths and done in many ways.

Hopping, knapsack and leap-frog races may be merely across the hall and return; the same repeated several times, around hall, etc.



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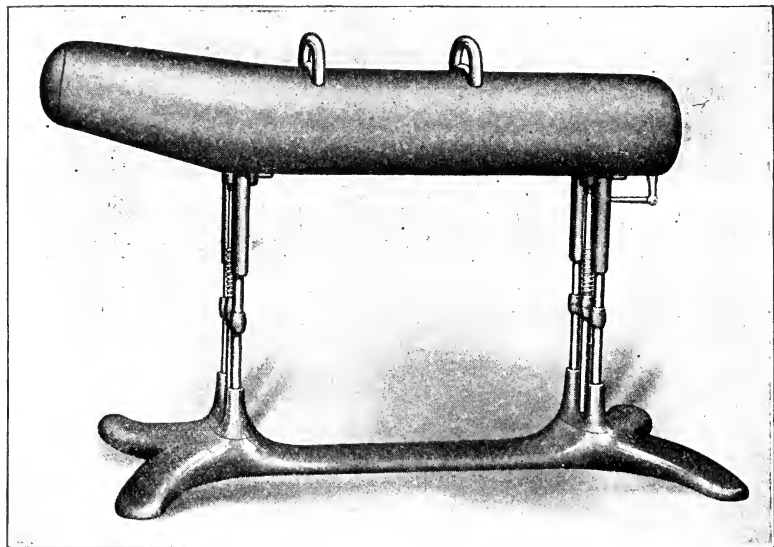
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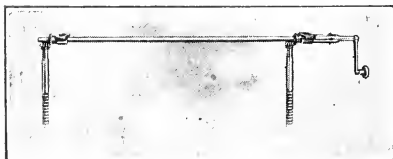
Spalding Efficient Gymnasium Apparatus



VAULTING HORSE No. 300

Patented January 2, 1912.

All adjustments take place from one point and that the most convenient.
At the rear—operated in standing position.



To raise or lower the Horse or Buck a hinged crank is instantaneously adjusted to place and as quickly removed.

Small picture shows crank in position for use.

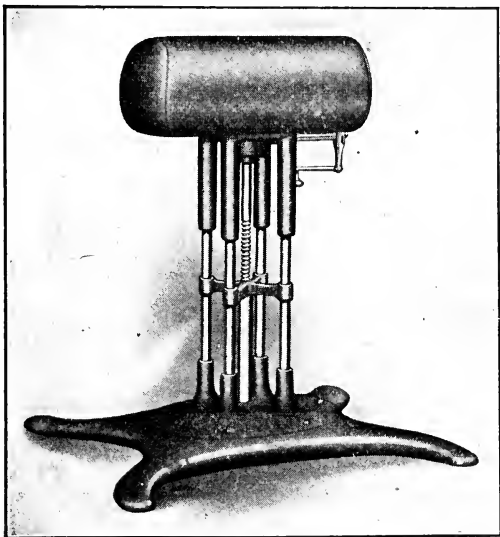
See next page for complete description of Horse and Buck.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



VAULTING BUCK No. 305

Patented January 2, 1912.

The power is transmitted through bevel gears by a one piece shaft drive that operates the adjusting screws. The lack of friction in our bevel gears allows fast screws to be used.

Speed of adjustment—from lowest to highest in six seconds.

This same screw when lowered to its limit depresses plates carrying ball bearing swivel rollers, so that the apparatus may be easily, quickly and noiselessly moved about.

The roller action is smooth and uniform; no snap; no jar; no danger to toes or fingers.

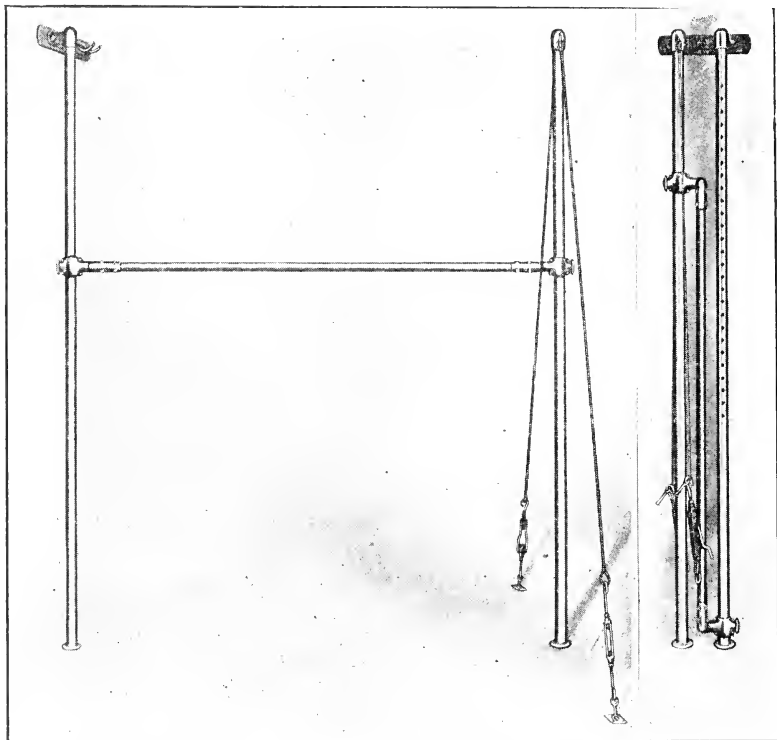
The strength and beauty of design is apparent; the simplicity of the mechanism is obvious and its durability is guaranteed.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



HORIZONTAL AND VAULTING BAR No. 554

One upright permanently attached to wall, the other guyed by steel cables with instantaneous turnbuckles.

Folds so compactly it may be attached to posts or columns.

Uprights of *brass covered steel tubing* with our patented interior height indications.

Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. :: :: SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

- | | | | | |
|---------------------|-----------------------------|--------------------------|---------------------------|------------------------|
| Ankle Brace, Skate | Emblems | Jackets— | Platforms, Striking Bag | Skate Bag |
| Ankle Supporter | Embroidery | Fencing | Poles— | Skate Keys |
| Athletic Library | Exercisers— | Foot Ball | Ski | Skate Rollers |
| Attachments— | Elastic | Javelins | Vaulting | Skate Straps |
| Chest Weight | Home | Jerseys | Polo, Roller, Goods | Skate Sundries |
| Bags— | | | Protectors— | Skis |
| Caddy | Felt Letters | Knee Protectors | Abdomen | Snow Shoes |
| Striking | Fencing Sticks | Knickersocks, Foot Ball | Eye-glass | Sprint Lanes |
| Skate | Fighting Dummies | | Finger, Field Hockey | Squash Goods |
| Balls— | Finger Protection, Hockey | Lace, Foot Ball | Indoor Base Ball | Standards— |
| Base | Flags— | Lacrosse Goods | Knee | Vaulting |
| Basket | College | Ladies— | Thumb, Basket Ball | Volley Ball |
| Field Hockey | Marking, Golf | Fencing Goods | Protection, Running Shoes | For Three-Legged Race. |
| Foot, College | Foils, Fencing | Field Hockey Shoes | Pucks, Hockey, Ice | Skate |
| Foot, Rugby | Foot Balls— | Gymnasium Suits | Push Ball | Sticks, Roller Polo |
| Foot, Soccer | Association | Skates, Ice | Pushers, Chamois | Stockings |
| Golf | College | Skates, Roller | | Stop Boards |
| Hand | Rugby | Skating Shoes | | Striking Bags |
| Hurley | Foot Ball Clothing | Snow Shoes | Quits | Suits— |
| Indoor Base | Foot Ball Goal Nets | Lanes for Sprints | Racks, Golf Ball | Base Ball, Indoor |
| Lacrosse | Foot Ball Timer | Leg Guards— | Racquet, Squash | Gymnasium, Ladies' |
| Medicine | | Foot Ball | Rapiers, Fencing | Soccer |
| Playground | Gloves— | Ice Hockey | Referee's Whistle | Swimming |
| Polo, Roller | Boxing | Leotards | Rings— | Water Polo |
| Polo, Water | Fencing | Letters— | Exercising | Supporters— |
| Push | Golf | Embroidered | Swinging | Ankle |
| Squash | Hand Ball | Felt | Rowing Machines | Wrist |
| Volley | Hockey, Field | Lintiment, "Mike Murphy" | | Suspensories |
| Bandages, Elastic | Hockey, Ice | | Sacks, for Sack Racing | Sweaters |
| Bar Bells | Lacrosse | Masks— | Sandals, Snow Shoe | Swivels, Striking Bags |
| Bar Stalls | Goals— | Fencing | Sandow Dumb Bells | Swords, Fencing |
| Bar— | Basket Ball | Nose | Scabbards, Skate | Swords, Duelling |
| Horizontal | Foot Ball | Masseur, Abdominal | Score Books— | |
| Parallel | Hockey, Field | Mattresses, Gymnasium | Basket Ball | Tackling Machine |
| Bases, Indoor | Hockey, Ice | Mattresses, Wrestling | Shin Guards— | Take-Off Board |
| Bats, Indoor | Lacrosse | Mecaphones | Association | Tape, Measuring, Steel |
| Bells | Golf Clubs | Mits— | College | Teas, Golf |
| Elastic | Golf Sundries | Handball | Field Hockey | Tennis Posts, Indoor |
| Leather and Worsted | Golfette | Striking Bag | Ice Hockey | Tights— |
| Wrestling | Grips— | Moccasins | | Full |
| Bladders— | Athletic | Monograms | Shirts— | Full, Wrestling |
| Basket Ball | Golf | Mouthpiece, Foot Ball | Athletic | Hockey |
| Fighting Dummy | Gymnasium, Home | Mufflers, Angora | Rubber, Reducing | Knee |
| Foot Ball | Gymnasium Board, Hon. | | Soccer | Toboggans |
| Striking Bag | Gymnasium, Home Outfits | Needle, Lacing | Shoes— | Toboggan Cushions |
| Blades, Fencing | | Nets— | Acrobatic | Toe Boards |
| Blankets, Foot Ball | Hammers, Athletic | Basket Ball | Basket Ball | Toques |
| | Hangers for Dumb Bells | Golf Driving | Bowling | Trapeze, Adjustable |
| | Hangers for Indian Clubs | Volley Ball | Clog | Trapeze, Single |
| | Hate, University | Numbers, Competitors' | Fencing | Tousers— |
| | Head Harness | | | Y. M. C. A. |
| | Health Pull | Pads— | Shoes— | Foot Ball |
| | Hob Nails | Chamois, Fencing | Foot Ball, College | Trunks— |
| | Hockey Pucks | Foot Ball | Foot Ball, Rugby | Velvet |
| | Hockey Sticks, Ice | Wrestling | Foot Ball, Soccer | Worsted |
| | Hockey Sticks, Field | Paint, Golf | Golf | |
| | Holder, Basket Ball, Canvas | Pants— | Gymnasium | |
| | Hole Cutter, Golf | Basket Ball | Jumping | |
| | Hole Rim, Golf | Boys' Knee | Running | |
| | Horse, Vaulting | Foot Ball, College | Skating | |
| | Hurdles, Safety | Foot Ball, Rugby | Snow | |
| | Hurley Sticks | Hockey, Ice | Squash | |
| | | Running | Street | |
| | | Pennants, College | Walking | |
| | | Pistol, Starter's | Shot— | |
| | | Plastrons, Fencing | Athletic | |
| | | Plater— | Indoor | |
| | | Teeing, Golf | Massage | |
| | | | Skates— | |
| | | | Ice | |
| | | | Roller | |
| Discus, Olympic | Indian Clubs | | | Wands, Calisthenic |
| Disks | Inflaters— | | | Watches, Stop |
| Marking, Golf | Foot Ball | | | Weights, 56-lb. |
| Rubber, Golf Shoe | Striking Bag | | | Whistles |
| Diaks, Striking Bag | | | | Wrestling Equipment |
| Dumb Bells | | | | Wrist Machines |

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*
PRESIDENT.



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